THE

English Physitian ENLARGED:

With Three Hundred, Sixty, and Nine *Medicines*, made of *English Herbs* that were not in any *Impression* until this.

Being an Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a man may preserve his Body in Health; or Cure himself, being sick, for three pence Charge, with such things only as grow in England, they being most fit for English *Bodies.*

Herein is also shewed these Seven Things, *viz.* 1. The Way of making, Plaisters, Ointments, Oils, Pultisses, Syrups, Decoctions, Juleps or Waters, of all sorts of Physical Herbs, That you may have them ready for your use at all times of the year. 2. What Planet governeth every Herb or Tree (used in Physick) that groweth in *England*. 3. The Time of gathering all Herbs, both Vulgarly and Astrologically. 4. The Way of Drying and Keeping the Herbs all the year. 5. The Way of keeping their Juyces ready for use at all times. 6. The Way of Making and Keeping all kind of useful Compounds made of Herbs. 7. The Way of mixing *Medicines* according to *Cause* and *Mixture* of the *Disease*, and *Part* of the Body *Afflicted*.

By NICH. CULPEPPER, Gent. Student in *Physick* and *Astrology*.

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English Physician

ENLARGED:

With Three Hundred Six-

AN ALPHABETICAL TABLE

Of all the

Herbs and Plants in this Book;

As also what Planet governeth every one of them.

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THE

THE

English Physitian Enlarged.

Amara-dulcis.

COnsidering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one Country, is not known in another. I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name first which is most common to my self. Besides Amara-dulcis, some call it Morral, others Bitter sweet, some Woody-Nightshade, and others Felon-wort.

Descript. *It grows up with woody stalks even to a mans height, and sometimes higher. The Leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish bark, and hath a pith in the middle of it: The main branch branches it self out into many small ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves; they grow in no order at all, or at least-wise in no vulgar order: The leaves are longish, though something broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk, some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple colour, or of a perfect blue, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Sussex call Bitter-sweet, viz. sweet at first, and bitter afterwards.*

Place. They grow commonly almost throughout *England*, especially in moist and shady places.

Time. The leaves shoot out about the latter end of *March*, if

the temperature of the Air be ordinary, it flowreth in *July*, and the seeds are ripe soon after, usually in the next moneth.

Government and Vertues. It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in men and beasts; as also all sudden Diseases whatsoever. Being tied round about the neck, it is one of the admirablest remedies for the Vertigo or Dizines in the Head that is, and that's the reason (as *Tragus* saith) the people in *Germany* commonly hang it about their Cattels neck when they fear any such evil hath betided them. Countrey people commonly use to take the Berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

Witchcraft.

Vertigo.

Felons.

Obstructions of the Liver and Spleen. difficulty of Breathing, Bruises, Falls, congealed Blood, Dropsie, yellow and black Jaundice, women after Delivery.

We have now shewed you the external use of the Herb, we shall speak a word or two of the internal, and so conclude. Take notice that it is a *Mercurial Herb*, and therefore of very subtil parts, as indeed all *Mercurial Plants* are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the pot-lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breath, bruises, and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropsie, and black Jaundice, and to cleanse Women newly brought in bed. You may drink a quarter of a pint of the Infusion every morning. It purgeth the body very gently, and not churlishly as some hold: And when you find good by this, remember me.

They that think the use of these Medicines is too brief (it's so only for cheapness of the Book) let them read these Books of mine, of the last Edition, viz. *Riverius*, *Veslingus*, *Riolanus*, *Johnston*, *Sennertus*, and *Physick for the Poor*.

Alheal.

IT is called Alheal, Hercules Alheal, and Hercules Woundwort, because it is supposed that *Hercules* learned the Herb and its Vertues from *Chyron*, when he learned Physick of him. Some call it Panay, and others Opopanawort.

Description. *Its Root is long, thick, and exceeding full of juyce, of a hot and biting taste. The Leaves are great and large, and winged almost like Ash-tree leaves, but that they are somewhat hairy, each leaf consisting of five or six pair of such wings set one against the other, upon foot-stalks, broad below, but narrow towards the end, one of the leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh, green colour, they*

are of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts, and some leaves thereat: towards the top come forth umbels of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

Place.] Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other Herbs called by this name: but because they are strangers in *England*, I gave only the Description of this which is ease to be had in the Gardens of divers.

Time.) Although *Gerard* saith, That they flower from the beginning of *May* to the end of *December*, Experience teacheth them that keep it in their Gardens, that it flowers not till the later end of Summer, and sheds its seeds presently after.

Government and Vertues.) It is under the Dominion of *Mars*; hot, biting, and cholerick: and remedies what evils *Mars* afflicts the body of man with by Sympathy, as Vipers flesh attracts poyson, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion. Provokes Urine, and helps all Joynt-aches. It helps all cold griefs of the Head, the Vertigo, Falling-sickness, and Lethargy, the Wind-cholick, obstructions of the Liver and Spleen, Stone in the Kidneys and Bladder. It provokes the Terms, expels the dead Birth: it is excellent good for the grief of the sinews, Itch, Sores and Tooth-ach, the bitings of mad Dogs and venomous Beasts, and purgeth Choler very gently.

Worms, Gout, Cramp, Convulsion, provokes urine, Joynt-aches Vertigo, Falling-sickness, Lethargie, Cholick, Obstructions of the Liver and Spleen, Stone, Terms provokes, dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs. venomous Beasts, Choler.

Alkanet.

BEsides the common name, it is called Orchanet, and Spanish Bugloss, and by Apothecaries Anchusa.

Description.) *Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a Reddish colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss which lye very thick upon the ground: the stalks rise up compassed round about, thick with Leaves which are lesser and narrower*

than the former, they are tender, and slender, the flowers are hollow, small, and of a reddish purple colour, the seed is grayish.

Place. It grows in Kent neer *Rochester*, and in many places in the West Countrey, both in *Devonshire* and *Cornwal*.

Time. They flower in *July*, and the beginning of *August*, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

ulcers, Inflamations, burnings, S. Anth. fire, Morphew, Leprosie, dead child, yell. jaundice, Spleen, gravel, Venomous beasts, Flux, Worm, Mother, Back, Bruises, Falls, Small Pox, Measles, Wounds.

Government and Vertues. It is an Herb under the Dominion of *Venus*, and indeed one of her Darlings, though something hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and St. *Anthonies* fire, by antipathy to *Mars*: for these uses, your best way is to make it into an Oyntment. Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morphew and Leprosie; if you apply the herb to the privities, it draws forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidneys, (*Dioscorides* saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applyed to the wound: nay, he saith further, If any one that hath newly eaten it, do but spit in the mouth of a Serpent, the Serpent instantly dies. It staies the flux of the belly; kills Worms, helps the fits of the Mother. Its Decoction made in Wine and drunk, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the small Pox and Measles as any is: an Oyntment made of it, is excellent for green wounds, pricks or thrusts.

Adders Tongue, *or* Serpents Tongue.

Description. THis small Herb hath but one leaf, which grows with the stalk a fingers length above the ground, being fat, & of a fresh green colour, broad like Water Plantane, (but less) without any middle Rib in it: from the bottom of which Leaf, on the inside, riseth up (ordinarily) one, sometimes two or three small slender stalks, the upper half whereof is somewhat bigger, and decked with small round dents of a yellowish green colour, like the tongue of an Adder or Serpent (only this is as useful as they are formidable.) The Root continues all the year.

Place. It grows in moist Meadows, and such like places.

Time. And is to be found in *April* and *May*, for it quickly perisheth with a little heat.

Government and Vertues. It is an herb under the Dominion of the *Moon* in *Cancer*, and therefore if the weakness of the

Retentive

Retentive Faculey be caused by any evil influence of *Saturn*, in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after specified in any part of the body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the Distilled Water of Horstail, is a singular Remedy for all manner of Wounds in the Brest, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with casting, vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juyce given in the distilled Water of Oaken Buds, is very good for Women who have their usual courses, or the whites flowing down too abundantly: it helps sore Eyes. The Leaves infused or boyled in Oyl Omphacine, or unripe Olives, set in the Sun for certain daies, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not only for green and fresh wounds, but also for old and inveterate Ulcers, especially if a little fine cleer Turpentine be dissolved therein: It also stayeth and represseth all inflammations that arise upon pains, by Hurts or Wounds

Wounds in the Brest, Bowels, Vomiting, Terms flops, whites, wounds, ulcers, inflammation in wounds

What parts of the Body are under each Planet and Sign, and also what Diseases, may be found in my Astrological Judgement of Diseases; and for the internal work of Nature in the Body of Man as Vital, Animal, Natural and Procreative Spirit of Man; the Apprehension, Judgement, Memory: The external Senses, *viz.* Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues Attractive, Retentive, Digestive, Expulsive, *&c.* under the Dominion of what Planets they are, may be found in my *Ephemeris* for the year 1651. in both which you shall find the Chaff of Authors blown away, by the fame of Dr. *Reason*, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purses in the price of the Book, and withal to make you studious in Physick, you have at the later end of the Book, the way of preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment, or Plaister, Electuary, Pill, or Troches.

Agrimony.

Description. THis hath divers long Leaves (some greater, some smaller) set upon a stalk, all of them dented about

the edges, green above, and grayiſh underneath, and a little hairy withal. Among which ariſeth up uſually but one ſtrong, round, hairy, brown ſtalk, two or three foot high, with ſmaller Leaves ſet here and there upon it. At the top whereof grow many ſmall yellow flowers one above another in long ſpikes. After which come rough heads of ſeeds hanging downwards, which will cleave to, and ſtick upon Garments, or any thing that ſhall rub againſt them. The Root is black, long, and ſomewhat woody, abiding many years, and ſhooting afreſh every Spring; which Root, though ſmall, hath a reaſonable good ſcent.

Place. It groweth upon Banks, neer the ſides of Hedges or Pales.

Time. It flowreth in *July* and *Auguſt*, the Seed being ripe ſhortly after.

Government and Vertues. It is an Herb under *Jupiter*, and the Sign *Cancer*; and ſtrengthens thoſe parts under that Planet and Sign, and removes Diſeaſes in them by Sympathy, and thoſe under *Saturn*, *Mars*, and *Mercury* by Antipathy. If they happen in any part of the body governed by *Jupiter*, or under the Signs *Cancer*, *Sagittary*, or *Piſces*, and therefore muſt needs be good for the Gout, either uſed outwardly in an Oyl or Ointment, or inwardly in an Electuary or Syrup, or concreted Juyce, for which ſee the latter end of the Book.

Cleanſing, Drying, Binding, Liver, Jaundice, Inward Wounds, Inward Bruiſes, Bloody and troubled Urin, Cholick, Breſt, Cough, Tertian and Quartan Agues, Bloody-Flux, Cancers, Thorns, Splinters & Nails in the Fleſh. Members out of joynt, Apoſthumes.

It is of a cleanſing and cutting faculty, without any manifeſt heat, moderately drying and binding. It openeth and cleanſeth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruiſes, Hurts, and other diſtempers. The Decoction of the Herb made with Wine, and drunk, is good againſt the biting and ſtinging of Serpents, and helps them that have foul, troubled, or bloody Waters, and makes them piſs clear ſpeedily. It alſo helpeth the Cholick, cleanſeth the Breſt, and rids away the Cough. A draught of the Decoction taken warm before the fit, firſt removes, and in time rids away the Tertian or Quartan Agues. The Leaves and Seed taken in Wine, ſtaies the Bloody-flux. Outwardly applied, being ſtamped with old Swines greaſe, it helpeth old Sores, Cancers, and inveterate Ulcers; and draweth forth Thorns, Splinters of Wood, Nails, or any other ſuch thing gotten into the fleſh. It helpeth to ſtrengthen the Members that be out of joynt: and being bruiſed and applied, or the Juyce dropped in, it helpeth foul and impoſthumed Ears.

The diſtilled Water of the Herb is good to all the ſaid purpoſes, either inward or outward, but a great deal weaker.

It is a moſt admirable Remedy for ſuch whoſe Livers are annoyed either by heat or cold. The Liver is the former of blood, and

and blood the nouriſher of the body, and Agrimony a ſtrengthener of the Liver.

I cannot ſtand to give you a reaſon in every Herb, why it cureth ſuch Diſeaſes, but if you pleaſe to peruſe my Judgement in the Herb Wormwood, you ſhall find them there, and it will be well worth your while to conſider it in every Herb, you ſhall find them true throughout the Book.

Water-Agrimony.

IT is called in ſome Countreys Water-Hemp, Baſtard-Hemp, and Baſtard-Agrimony, Eupatorium, and Hepatorium, becauſe it ſtrengthens the Liver.

Deſcript. *The Root continues a long time, having many long, ſlender ſtrings. The ſtalk grows up about two foot high, ſometimes higher. They are of a dark purple colour: the braaches are many, growing at diſtances the one from the other, the one from the one ſide of the ſtalk, the other from the oppoſite point. The Leaves are winged and much indented at the edges. The flowers grow at the tops of the branches, of a brown yellow colour, ſpotted with black ſpots, having a ſubſtance within the midſt of them like that of a Daiſie; if you rub them between your fingers, they ſmell like Rozin or Cedar when it is burnt. The ſeeds are long, and eaſily ſtick to any woollen thing they touch.*

Place. They delight not in heat, and therefore they are not ſo frequently found in the Southern parts of *England* as in the North, where they grow frequently: you may look for them in cold Grounds, by Ponds and Ditches ſides, as alſo by running Waters, ſometimes you ſhall find them grow in the midſt of the Waters.

Time. They all flower in *July* and *Auguſt*, and the ſeed is ripe preſently after.

Government and Vertues. It is a Plant of *Jupiter* as well as the other Agrimony, only this belongs to the Coeleſtial Sign *Cancer*. It healeth and dryeth, cutteth and cleanſeth thick and tough humors of the Breſt, and for this I hold it inferior to but few Herbs that grow. It helps the *Cachexia* or evil diſpoſition of the body, the Dropſie, and yellow Jaundice, it opens Obſtructions of the Liver, mollifies the hardneſs of the Spleen, being applied outwardly: it breaks Impoſthumes taken inwardly, it is an excellent Remedy for the third day Ague. It provokes Urin and the Terms, it kills Worms, and clenſeth the body of ſharp humors, which are the cauſe of Itch, Scabs: the Herb being burnt, the ſmoke thereof drives away Flies, Waſps, &c.

Cutteth, Clenſeth, Breſt, Cacherie, Dropſie, Yellow Jaundice, Obſtructions, Liver, Spleen, Impoſthumes, Terms provokes, Worms, Itch, Scabs, Flies, Waſps.

Lungs, Cattel. it strengthens the Lungs exceedingly. Countrey people give it to their Cattel when they are troubled with the Cough, or broken winded.

Alehoof, *Or* Ground-Ivy.

SEveral Countreys give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many: It is called *Cats-foot, Ground-Ivy, Gill go by ground,* and *Gill creep by ground, Tun-hoof, Hay-maids, and Alehoof.*

Description. *This well known Herb, lieth, spreadeth, and creepeth upon the Ground, shooting forth Roots, at the corners of the tender jointed stalks, set all along with two round Leaves at every joint, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joints likewise with the Leaves towards the end of the branches, come forth hollow long Flowers, of a blewish purple colour, with small white spots upon the lips that hang down. The Root is small with strings.*

Place. It is commonly found under Hedges, and on the sides of Ditches, under Houses, or in shadowed Lanes, and other waste grounds in almost every part of the Land.

Time. They flower somewhat early, and abide so a great while, the Leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

Government and Vertues. It is an Herb of *Venus.* and therefore cures the Diseases she causes, by Sympathy, and those of *Mars* by Antipathy: you may usually find it all the year long, except the year be extreme frosty, It is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular Herb for all inward Wounds, exulcerated Lungs, or other parts, either by it self, or boyled with other the like Herbs: And being drunk, it in short time easeth all griping pains, windy and cholerick humors in the Stomach, Spleen or Belly; helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and Melancholly, by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague; it provoketh Urine, and Womens Courses: The Decoction of it in Wine drunk for some time together, procureth ease unto them that are troubled with the Sciatica or Hip-Gout, as also the Gout in the Hands, Knees or Feet,: and if you put to the Decoction some Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the

Inward wounds, Pains, Griping, Wind, Choler, Stomach, Spleen, Belly, Stopping in the Liver, Gall, Plague, Poyson, Gout, Sciatica, Sore Mouth and Throat.

the privy parts of man or woman: It speedily helpeth green Wounds, being bruised and bound thereunto: The Juyce of it boyled with a little Honey and *Verdegreece*, doth wonderfully cleanse Fistula's, Ulcers; and stayeth the spreading or eating of Cancers and Ulcers; it helpeth the Itch, Scabs, Wheals, and other breakings out in any part of the Body. The Juyce of Celandine, Field Daisies, and Ground-Ivy Clarified, and a little fine Sugar dissolved therein, and dropped into the Eyes, is a soveraign Remedy for all the Pains, Redness, and Watering of them; as also for the Pin and Web, Skins and Films growing over the sight; it helpeth beasts as well as men. The Juyce dropped into the Ears doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to Tun up with new Drink, for it will so clarifie it in a night, that it will be the fitter to be drunk the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

Ulcers in the Privities, Itch, Scabs, Web in the Eye, Redness and watering of them, Ulcers, noise in the Ears, Deafness.

Alexander.

IT is also called Alisander, Horse Parsly, and Wild Parsly, and the black Pot-herb; the seed of it is that which is usually sold in the Apothecaries Shops for *Macedonian Parsly-seed*

Description. *It is usually sown in all the Gardens in* Europe, *and so well known, that it needs no further description.*

Time. They flower in *June* and *July*, the seed is ripe in *August*.

Government and Vertues. It is an Herb of *Jupiter*, and therefore friendly to Nature, for it warmeth a cold stomach, and openeth stoppings of the Liver and Spleen; it is good to move Womens Courses, to expel the After-birth, to break Wind, to provoke Urine, and help the strangury; and these things the seeds will do likewise: if either of them be boyled in Wine, or being bruised and taken in Wine, is also effectual against the biting of Serpents. And now you know what *Alexander Pottage* is good for, that you may no longer eat it out of ignorance, but out of knowledge.

Obstructions of the Liver and Spleen. Provokes the Terms, after-birth, wind, provokes urine, biting of Serpents.

The Black Alder-tree.

Description. THis Tree seldome groweth to any great bigness, but for the most part abideth like a Hedge-Bush, or Tree spreading into Branches, the Wood of the Body being white, and a dark red Core, or Heart; the outward Bark is

of

of a blackish colour, with many whitish spots, thereon: but the inner bark next unto the wood is yellow, which being chewed, will turn the Spittle neer unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dogberry-tree, called in Sussex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joynts, which turn into small round Berries, first green, afterwards red, but blackish when they are thorough ripe, divided as it were into two parts, wherein is contained two small, round, and flat Seeds. The Root runneth not deep into the ground, but spreads rather under the upper crust of the Earth.

Place. This Tree or Shrub may be found plentifully in St. *John's* Wood by *Hornsey*, and in the Woods upon *Hampsted Heath*, as also at a Wood called the old Park in *Barcomb* in *Sussex* neer the Brooks side.

Time. It flowreth in *May*, and the Berries are ripe in *September*.

Government and Vertues. It is a Tree of *Venus*, and perhaps under the Cœlestial Sign *Cancer*. The inner yellow bark hereof purgeth downwards both Choler and Flegm, and the watry humors of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smallage, Endive, and Succory roots, and a reasonable draught taken every morning for some time together, It is very effectual against the Jaundice, Dropsie, and the evil disposition of the body, especially if some sutable purging Medicine have been taken before to void the grosser Excrements: it purgeth and strengtheneth the Liver and Spleen, clensing them from such evil humors and hardness as they are afflicted with. It is to be understood that these things are performed by the dried bark, for the fresh green bark taken inwardly, provoketh strong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may stand and settle two or three daies until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outward bark contrariwise doth bind the body, and is helpful for all Lasks and Fluxes thereof, but this must also be dried first, whereby it will work the better. The inner bark hereof boyled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to clense them, and keep them sound. The Leaves are good Fodder for Kine to make them give more milk.

Choler, Flegm,

Jaundice, Dropsie, Cachexia, Liver, Spleen.

Stomach weak, Appetite lost, Flux, Lice, Itch, Scabs, Tooth-ach, Teeth loose.

If in the Spring time you use the Herbs before mentioned, and will but take a handful to each of them, and to them add a handful of Elder-buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, add this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent purge for the Spring, to consume the flegmatick quality the Winter hath left behind it, and withal keep your body in health, and consume those evil humors which the heat of Summer will readily stir up: esteem it as a Jewel.

The common Alder Tree

Descript.] *Groweth to a reasonable height, and spreads much, if it like the place. It is so generally well known unto Country people, that I conceive it needless to tell them that which is no news.*

Place and Time.] It delighteth to grow in moist Woods, and watry places; flowering in *April* or *May*, and yielding ripe seed in *September*.

Government and use.] It is a Tree under the Dominion of *Venus*, and of some watry sign or other, I suppose *Pisces*, and therefore the Decoction or Distilled Water of the Leaves, is excellent against Burnings, and Inflammation, either with wounds or without, to bathe the place grieved with, and especially for that Inflammation in the Brest, which the Vulgar call an Ague. *Burnings, Inflammations.*

If you cannot get the Leaves, (as in Winter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder Tree are cooling, drying, and binding. The fresh Leaves laid upon Swellings, dissolve them, and stay the Inflammations. The Leaves put under the bare Feet gauled with travelling, are a great refreshing to them. The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being suddenly cast out, will rid the Chamber of those troublesome Bed-fellows. *Cooling, Drying, Binding, Swellings, Fleas.*

Angelica.

TO write a Description of that which is so well known to be growing in almost every Garden, I suppose it altogether needless: yet for its Vertues it is of admirable use.

In times of Heathenism when men had found out any excellent Herb, &c. they dedicated it to their Gods: as the Bay-tree to *Apollo*, the Oak to *Jupiter*, the Vine to *Bacchus*, the Poplar to *Hercules*. These the Papists following as the Patriarchs, they dedicate them to their Saints; as our *Ladies Thistle* to the

Blessed

Blessed Virgin, St. *Johns wort* to St. *John*, and another Wort to St. *Peter*, &c. Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Pansies or Hearts-ease, an *Herb of the Trinity*, because it is of three colours: and a certain Ointment, an *Ointment of the Apostles*, because it consisteth of twelve Ingredients: Alas I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already: O! Why must ours be Blasphemous, because the Heathens and Papists were Idolatrous? certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this an Herb of the *Holy Ghost*, others more moderate called it *Angelica*, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so neer as their Dialect will permit.

Government and Vertues. It is an Herb of the *Sun* in *Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular, Observe the like in gathering the Herbs of other Plants, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague and all Epidemical Diseases; if the Root be taken in powder to the weight of half a dram at a time, with some good Treacle in Carduus water, and the party thereupon laid to sweat in his bed, If Treacle be not to be had, take it alone in Carduus, or Angelica Water. The Stalks or Roots candied and eaten fasting, are good Preservatives in time of infection; and at other times to warm and comfort a cold stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glass, is much more effectual than the Water of the Leaves and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Brest, as Coughs, Pthisick, and Shortness of Breath, and a syrup of the stalks doth the like: It helps pains of the Cholick, the Strangury, and Stopping of the Urin, procureth Womens Courses, and expelleth the After-birth,

Poyson, Pestilence, Epidemical Diseases.

Cold, Wind, Pleurisie, Cough, Lungs, Brest, Strangury, Shortness of breath, Cholick, Provokes the Terms, after-birth.

openeth the stoppings of the Liver and Spleen, and briefly easeth and discusseth all windiness and inward swellings. The Decoction drunk before the fit of an Ague, that they may sweat (if possible) before the fit come, will in two or three times taking rid it quite away: it helps digestion, and is a remedy for a surfeit. The Juyce, or the Water being dropped into the Eyes or Ears, helps dimness of sight, and deafness: The Juyce put into the hollow Teeth, easeth their pains. The Roots in powder made up into a plaister with a little Pitch, and laid on the biting of a Mad Dog, or any other Venomous Creature, doth wonderfully help. The Juyce, or the Water dropped, or tents wet therein, and put into old filthy deep Ulcers, Or the powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked bones with flesh: The distilled Water applied to places pained with the Gout or Sciatica, doth give a great deal of ease.

Stoppings of the Liver and Spleen, Indigestion, Surfeits, Tooth-ach, Biting of Mad Dogs. Ulcers. Gout. Sciatica.

The wild Angelica is not so effectual as the Garden, although it may be safely used to all the purposes aforesaid.

Amaranthus.

BEsides this common name, by which it is best known by the Florists of our daies, it is also called Flower-Gentle, Flower-Velure, Floramor, and Velvet-flower.

Description. *It being a Garden Flower, and well known to every one that keeps of it, I might forbear the Description, yet notwithstanding, because some desire it, I shall give it: It runneth up with a stalk a cubit high, straked, and somewhat reddish toward the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green colour, slippery: the Flowers are not properly Flowers, but Tufts, very beautiful to behold, but of no smell, of a reddish colour; if you bruise them, they yield Juyce of the same colour; being gathered, they keep their beauty a long time; the Seed is of a shining black colour.*

Time. They continue in flower from *August* till the time the Frost nip them.

Government and Vertues. It is under the Dominion of *Saturn*, and is an excellent qualifier of the unruly motions and passions of *Venus*, though *Mars* also should joyn with her. The Flowers dried and beaten into powder, stop the Terms in Women, and so do almost all other red things. And by the Icon, or Image of every Herb, the Antients at first found out their Vertues: Modern Writers they laugh at them for it; but I wonder in my Heart how the Vertues of Herbs came at first to be known, if not by their Signatures: The Modern have them from the Writings of the Antients, the Antients had no Writ-

Terms stops.

Flux, Bleeding, Whites, Running of the Reins, French Pox.

tings to have them from: but to proceed. The Flowers stop all Fluxes of Blood, whether in man or woman, bleeding either at the Nose or Wound. There is also a sort of *Amaranthus* which bears a white flower. which stops the Whites in Women, and the Running of the Reins in men, and is a most gallant Anti-venerian, and a singular Remedy for the French Pox.

Anemone.

CAlled also Wind-flower, because they say the Flowers never open but when the wind bloweth. *Pliny* is my Author, if it be not so blame him. The Seed also (if it bears any at all) flies away with the wind.

Place and Time. They are sown usually in the Gardens of the Curious, and flowers in the Spring-time. As for Description I shall pass it, being well known to all those that sow them.

Government and Vertues. It is under the Dominion of *Mars*, being supposed to be a kind of Crowfoot. The Leaves provoke the Terms mightily being boyled, and the Decoction drunk. The body being bathed with the Decoction of them, cures the Leprosie. The Leaves being stamped, and the Juyce snuffed up in the Nose, purgeth the Head mightily, so doth the Root being chewed in the mouth, for it procureth much spitting, and bringeth away many watry and flegmatick humors, and is therefore excellent for the Lethargy: and when all is done, let Physitians prate what they please, all the Pills in the *Dispensatory* purge not the Head like to hot things held in the mouth. Being made into an Ointment, and the Eye-lids anointed with it, it helps Inflammations of the Eyes, whereby it is palpable that every stronger drawneth its weaker like. The same Ointment is excellent good to cleanse malignant and corroding Ulcers.

Terms provokes.

Head purgeth.

Lethargie.

Eyes inflamed, ulcers.

Garden Arrach.

CAlled also, Orach, and Arage.

Descript. *It is so commonly known to every Housewife, it were but labour lost to describe it.*

Time. It floweth and seedeth from *June* to the end of *August*.

Government and Vertues. It is under the Government of the *Moon*; in quality cold and moist like unto her. It softneth and loosneth the body of man being eaten, and fortifieth the expulsive faculty in him. The Herb, whether it be bruised and applied to the Throat, or boyled, and in like manner applied, it matters not much, it is excellent good for Swellings in the Throat, the best way I suppose is to boyl it, and having drunk the Decoction inwardly, apply the Herb outwardly: the Decoction of it besides, is an excellent Remedy for the yellow Jaundice.

Expulsive Faculty, Throat.

Yellow Jaundice.

Arrach

Arrach, Wild and stinking.

CAlled also *Vulvaria*, from that part of the Body upon which the operation is must; also Dogs Arrach, Goats Arrach, and Stinking Mother-wort.

Description.) *This hath small, and almost round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in Clusters set with the Leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.*

Place. It grows usually upon Dunghills.

Time. They flower in *June* and *July*, and their seed is ripe quickly after.

Government and Vertues. Stinking Arrach is used as a remedy to help Women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is not a better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an herb under the Dominion of *Venus*, and under the sign *Scorpio*; It is common almost upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the *Colledge of Physitians* that are so dear and scarce to find.) I commend it for an Universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily cure any Disease thereof, as the Fits of the Mother, Dislocation, or falling out thereof: It cools the Womb being over-heated. (And let me tell you this, and I will tell you the truth, Heat of the Womb is one of the greatest causes of hard Labour in Child-birth) It makes Barren women Fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly; it provokes the Terms if they be stopped, and stops them if they flow immoderately: You can desire no good to your Womb, but this herb will effect it, therefore if you love Children, if you love Health, if you love Ease, keep a syrup alwaies by you, made of the juyce of this Herb and Sugar, (or Honey, if it be to cleanse the Womb) and let such as be rich keep it for their poor neighbours, and bestow it as freely as I bestow my studies upon them, or else let them look to answer it another day, when the Lord shall come *to make inquisition of blood.* *Mother.* *Womb.*

Arch-angel.

TO put a gloss upon their Practice, the Physitians call an Herb (which Country people vulgarly know by the name of *Dead Nettle*) *Arch-angel*, wherein whether they savour of more super-

Superstition or Folly, I leave to the Juditious Reader. There is more curiosity than courtesie to my Countrey men used by others in the explanation as well of the Names as Description of this so well known an Herb: which that I may not also be guilty of, take this short Description, first of the red Arch-angel.

Description. *This hath divers square stalks somewhat hairy, at the Joynts whereof, grow two sad green Leaves dented about the edges, opposite to one another, the lowermost upon long foot-stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy: Round about the upper joynts, where the Leaves grow thick, are sundry gaping flowers of a pale reddish colour; after which come the Seeds three or four in a Husk. The Root is small and thriddy, perishing every year: the whole Plant hath a strong scent, but not stinking.*

White Arch-angel hath divers square stalks, none standing straight upright, but bending downward, whereon stand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle-Leaves, but not stinging, yet hairy: At the joynts, with the Leaves, stand larger and more open gaping white flowers, in Husks round about the stalks, (but not with such a bush of leaves, as flowers set in the top, as is on the other) wherein stand small roundish black Seeds; The Root is white, with many strings at it, not growing downward, but lying under the upper crust of the Earth, and abideth many years increasing: This hath not so strong a scent as the former.

Yellow Archangel is like the white in the stalks and leaves, but that the stalks are more straight and upright, and the joynts with leaves are further asunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The Roots are like the white, only they creep not so much under the ground.

Place. They grow almost every where (unless it be in the middle of the street) the yellow most usually in the wet grounds of woods, and sometimes in the dryer, in divers Counties of this Nation.

Time. They flower from the beginning of the Spring all the Summer long.

Vertues and use. The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success for the stopping and hardness of the spleen, than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the spleen as a plaister, or the decoction with Spunges. The flowers of the white Arch-angel are preserved, or conserved to be used to stay the whites, and the flowers of the

Spleen.

Whites.

Red

to their hands and lips that eat and handle them, especially if they break them? The Root groweth aslope under ground, shooting forth in sundry places as it creepeth: This useth its Leaves in winter.

The Red Bilberry, or Whortle-bush, riseth up like the former, having sundry smaller Leaves, like the Box-tree Leaves, green and round pointed, standing on the several branches, at the tops whereof onely, and not from the sides, as in the former, come forth divers round flowers, of a pale red colour, after which succeed round, reddish, sappy Berries, when they are ripe, of a sharp taste. The Root runneth in the ground, as in the former, but the Leaves of this abide all the winter.

Place. The first groweth in Forrests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, as *Lancashire*, *Yorkshire*, &c.

Time. They flower in *March* and *April*, and the Fruits of the black is ripe in *June* and *July*.

Government and Vertues. They are under the Dominion of *Jupiter*. It is pity they are used no more in Physick than they are. The black Bilberries are good in hot Agues, and to cool the heat of the Liver and Stomach: they do somewhat bind the Belly and stay Vomitings and Loathings: The Juyce of the Berries made into a Syrup, or the Pulp made into a Conserve with Sugar, is good for the purposes aforesaid, as also for an old Cough, or an Ulcer in the Lungs, or other Diseases therein. The *Red whoorts* are more binding, and stop Womens Courses, Spitting of Blood, or any other Flux of blood or humors, being used as well outwardly as inwardly.

Agues, Stomach, Liver, Vomiting, Appetite lost, Cough, Fluxes.

Bifoyl, *or* Twayblade.

Descript. This small Herb from a Root somewhat sweet, shooting downwards many long strings, riseth up a round green stalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the flowers, having onely two broad Plantane like Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

Place. It is an usual Inhabitant in Woods, Copses, and in many other places in this Land.

There is another sort grows in wet grounds and Marshes, which is somewhat differing from the former: It is a smaller Plant, and greener, having sometimes three Leaves; the spike of flowers is less than the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds both green and old, and to consolidate or knit Ruptures; and well it may, being a Plant of *Saturn*.

Wounds, Ruptures.

The Birch-Tree.

Descript. *THis groweth a goodly tall straight Tree, fraught with many Boughs and slender Branches heading downward; the old being covered with a discoloured chapped Bark, and the younger being browner by much. The Leaves at the first breaking out are crumpled, and afterward like the Beech-Leaves, but smaller and greener, and dented about the edges. It beareth small short Catkins, somewhat like those of the Hazel Nut-tree, which abide on the branches a long time; untill growing ripe, they fall on the ground, and their seed with them.*

Place. It usually groweth in Woods.

Government and Vertues. It is a Tree of *Venus*. The Juyce of the Leaves while they are young, or the distilled water of them, or the water that comes out of the Tree, being bored with an Augur, and distilled afterwards: any of these being drunk for some time together, is available to break the stone in the Kidneys and Bladder, and is good also to wash Sore mouths.

Stone, Sore Mouths.

Birds-Foot.

THis small Herb groweth not above a span high, with many Branches spread upon the ground, set with many wings of small Leaves: The flowers grow upon the Branches, many small ones of a pale yellow colour, being set a head together, which afterwards turn into so small joynted Cods, well resembling the claws of small Birds, whence it took its name.

There is another sort of *Birds-foot* in all things like the former, but a little larger: the flowers of a pale whitish red colour, and the Cods distinct by joynts like the other, but a little more crooked, and the Roots do carry many small white knots or kernels amongst the strings.

Place. These grow on Heaths, and many open untilled places of this land.

Time. They flower and seed in the end of Summer.

Government and Vertues.] They belong to *Saturn*, and are of a drying, binding quality, and thereby very good to be used in Wound-drinks, as also to apply outwardly for the same purpose. But the later *Birds-foot* is found by experience to break the stones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the place.

Dry, Bind, Wounds, Stone, Ruptures.

All Salts have best operation upon the stone, as Ointments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the stone: The way how to do so, may be found in my Translation of the *London Dispensatory*; and it may be I may give you again in plainer terms, at the later end of this Book.

Bishops-weed.

BEsides the common name *Bishops-weed*, it's usually known by the Greek name *Ammi*, and *Ammies*; some call it *Æthiopian Cummin-seed*, and other

others *Cammil-Royal*; as also *Herb-William*, and *Bahwort*.

Descript. *Common* Bishops-weed *riseth up with a round straight stalk, sometimes as high as a man, but usually three or four foot high, beset with divers small, long and somewhat broad Leaves, cut in some places, and dented about the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small nobles, of white flowers, which turn into small brown seed, little bigger than* Parsly seed, *of a quick but sweet and taste: The Root is white and stringy, perishing yearly after it hath seeded, and usually riseth again of its own sowing.*

Place. It groweth wild in many places in *England* and *Wales*, as between *Gretnheath* and *Gravesend*.

Government and Vertues. It is hot and dry in the third degree, of a bitter taste, and something sharp withal, it provokes Lust to purpose: I suppose *Venus* owns it. It digesteth Humors, proketh Urine and Womens Courses, dissolveth Wind, and being taken in Wine, easeth pains & griping in the Bowels, and is good against the biting of Serpents: It is used to good effect in those Medicines which are given to hinder the poysonful operation of *Cantharides* upon the passage of the Urine: being mixed with honey, and applied to black and blew marks, coming of blows or bruises, it takes them away: and being drunk, or outwardly applied, it abateth an high colour, and makes it pale: and the Fumes thereof taken with Rosin or Raisins, cleanseth the Mother.

Dysury, Terms provokes; Windcholick Venomous beasts, Cantharides, Black and Blew Spots, high colour, Mother.

Bistort, *or* Snake-weed.

IT is called *Snake-weed, English Serpentary, Dragon-wort, Osterich*, and *Passions.*

Description. *This hath a thick, short, knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent taste, with divers black threds hanging there, from whence spring up every year divers Leaves, standing upon long foot-stalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper side, and of an Ash-colour gray, and a little purplish underneath, with divers Veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bush of pale colour'd flowers, which being past, there abideth small seed, somewhat like unto* Sorrel-seed, *but greater.*

There are other sorts of Bistort *growing in this Land, but smaller, both in height, root and stalks, and especially in the Leaves. The Root blackish without, and somewhat whitish within, of an austere binding taste, as the former.*

Place. They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow leaved *Bistort* groweth in the North, in *Lancashire, Yorkshire*, and *Cumberland*.

Time. They flower about the end of *May*, and the seed is ripe about the beginning of *July*.

Government and Vertues.] It belongs to *Saturn*, and is in operation cold and dry. Both the Leaves and Roots have a powerful faculty to reſiſt all poyſon: The Root in powder taken in drink, expelleth the Venom of the Plague, the Small Pox, Meaſles, Purples, or any other infectious Diſeaſe, driving it out by ſweating. The Root in powder, the Decoction thereof in Wine being drunk, ſtayeth all manner of inward bleeding or ſpittings of Blood, and any fluxes in the body of either man or woman, or Vomiting. It is alſo very available againſt Ruptures, or Buſtings, or all Bruiſes of Falls, diſſolving the congealed blood, and eaſing the pains that happen thereupon, it alſo helpeth the Jaundice. The water diſtilled from both Leaves and Roots, is a ſingular Remedy to waſh any place bitten or ſtung by any Venomous Creature; as alſo for any of the purpoſes before ſpoken of, And is very good to waſh any running ſores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miſcarriage in Child-bearing. The Leaves alſo kill the Worms in Children and is a great help for them that cannot keep their water, if the Juyce of Plantane be added thereto, and outwardly applied much helpeth the Gonorrhea, or Running of the Reins. A dram of the Poder of the Root taken in the water thereof wherein ſome red hot Iron or Steel hath been quenched, is alſo an admirable help thereto, ſo as the Body be firſt prepared and purged from the offenſive Humors. The Leaves, Seed, or Roots are all very good in Decoctions, Drinks, or lotions, for inward or outward wounds or other ſores. And the powder ſtrewed upon any cut or wound in a Vein, ſtayeth the immoderate bleeding thereof: The Decoction of the Roots in Water whereunto ſome Pomegranate Pills and Flowers are added, injected into the Matrix, ſtayeth the acceſs of humors to the Ulcers thereof and bringeth it to its right place, being fallen down, and ſtayeth the immoderate flux of the Courſes. The Root hereof with Pellitory of *Spain*, and burnt Allum, of each a little quantity beat ſmal and made into Paſt, with ſome honey, and a little piece thereof put into an hollow tooth or held betwein the Teeth, if there be not hollowneſs in them, ſtayeth the deſluction of rheum upon them, which cauſeth pains, and helps to cleanſe the Head and void much offenſive water. The diſtilled water is very effectual to waſh Sores or Cankers in the Noſe or any other part, if the powder of the Root be applied thereunto afterwards. It is good alſo to faſten the Gums and to take away the Heat and Inflammations that happen in the Jaws, Almonds of the Throat or Mouth: if the Decoction of the Leaves, Roots or Seeds be uſed, or the Juyce of them; but the Roots are moſt effectual to the purpoſes aforeſaid.

Poyſon,
Plague,
Small Pox,
Meazles,
Purples
Epidemical Diſeaſes,
Inward Bleeding,
Flux,
Vomiting,
Ruptures,
Jaundice,
Venomous Beaſts,
Ulcers,
Abortion,
Worms,
Diabetes,
Running of the Reins,
Wounds, Bleeding,
Matrix,
Term,
ſtops,
Tooth-ach,
Heat,
Cankers,
Gums, Inflamations,
Almonds of the Ears.

One

One-Blade.

Descript. *THis small Plant never beareth more than one Leaf, but onely when it riseth up with its stalk, which thereon beareth another, and seldom more, which are of a blewish green colour, broad at the botom, and pointed with many ribs or veins like Plantane: At the top of the stalk grow many small flowers star-fashion, smelling something sweet: after which come small reddish Berries when they are ripe. The Root small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.*

Place.] It grows in moist, shadowy, grassie places of Woods in many places of this Realm.

Time.] It flowreth about *May*, and the Berries be ripe in *June*, and then quickly perisheth until the next year it springeth from the same again.

Government and Vertues.] It is an Herb of the Sun, and therefore Cordial. Half a dram, or a dram at most of the Roots hereof in powder taken in Wine and Vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a sovereign Remedy for those that are infected with the plague, and have a sore upon them, by expelling the poyson, and defending the Heart and spirits from danger: It is also accounted a singular good Wound Herb and therefore used with other Herbs in making such Balms as are necessary for the Curing of Wounds either green or old, and especially if the Nerves or Sinews be hurt.

Pestilence,
Wounds,
Nerves,
Sinews hurt,

The Bramble, *or* Black-berry-bush.

IT is so well known, that it needeth no Description. The Vertues thereof are as followeth;

Government and vertues.] It is a Plant of *Venus* in *Aries*. You shall have some directions at the later end of the Book for the gathering of all Herbs and Plants, *&c.* If any ask the reason why *Venus* is so prickly? Tell them, 'tis because she is in the house of *Mars*. The Buds, Leaves, and Branches while they are green, are of a good use in the Ulcers and putrid sores of the Mouth and Throat, and for the Quinsie; and likewise to heal other fresh Wounds and Sores: but the flowers and fruit unripe are very binding, and o profitable for the bloody flux, Lasks and are a fit Remedy for spitting of Blood, Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gravel; and the Stone in the Reins and Kidneys. The Leaves and brambles as well green as dry, are excellent good lotions for Sores in the mouth or secret parts. The Decoction of them, and of the dryed Branches, do much bind the Belly, and are good for too much flowing of Womens courses: The berries or the flowers are a powerful Remedy against the poyson of the most venomous Serpents, as well drunk as outwardly applied, helpeth the sores of the Fundament, & the Piles

Ulcers,
Sores,
Quinsie,
Wounds,
Flux,
Bloody flux,
Spitting
Blood,
Gravel,
Stone,
Secrets,
Terms stops.

Poyson, Venomous Beasts, Fundament, Pilles, Fevers, Head, Eyes, Itch, Scabby Heads.

The juyce of the Berries mixed with the juyce of Mulberries, do bind more effectually, and help fretting and eating Sores & Ulcers wheresoever. The distilled water of the Branches, Leaves and Flowers, or of the Fruit, is very pleasant in taste, and very effectual in Feavers and hot distempers of the Body, Head, Eyes and other parts, and for all the purposes aforesaid. The Leaves boyled in Ly, and the Head washed therewith, healeth the Itch, and the running sores thereof, and maketh the hair black.

The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juyce of the Leaves, and some the Juyce of the Berries, to keep for their use all the year, for the purposes aforesaid.

Blites.

Descript. OF these there are two sorts commonly known, *viz. White* and *Red*. The *white* hath Leaves somewhat like unto *Beets*, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk: the stalk riseth up two or three foot high, with such like leaves thereon: the flowers grow at the top in long round tufts or clusters, wherein are contained small and round seed: the root is very full of threds or strings.

The *Red Blite* is in all things like the *White*, but that his leaves and tufted heads are exceeding red at first, and after turn more purplish.

There are other kind of *Blites* which grow wild, differing from the two former sorts but little, only the wild are smaller in every part.

Place. They grow in Gardens, and wild in many places of this Land.

Time. They seed in *August* and *September*.

Government and Vertues. They are all of them cooling, drying, and binding, serving to restrain the Fluxes of Blood in either man or woman, especially the Red; which also stayeth the over-flowing of Womens Reds, as the *White Blite* stayeth the Whites in Women: It is an excellent secret, you cannot well fail in the use: they are all under the Dominion of *Venus*.

Reds and Whites in Women.

There is one other sort of wild *Blites*, like the other wild kinds, but having long and spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the Fishes are delighted with, and it is a good and usual bait; for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

Borrage, *and* Bugloss.

THese are so well known to be Inhabitants in every Garden, that I hold it needless to describe them.

To these, I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue-de-beef*; but why they should call one Herb by the Name

Name *Bugloss*, and another by the Name *Langue de-beef*, its to me some question, seeing one signifies *Ox-tongue* in Greek, and the other signifies the same in French.

Description. *The Leaves thereof are smaller than those of* Bugloss, *but much rougher; the stalk rising up about a foot and half high, and is most commonly of a red colour, the flowers stand in scaly rough heads, being composed of many small yellow flowers, not much unlike to those of* Dandelyon, *and the seed flieth away in Down, a, that doth: you may easily know the flowers by their taste, for they are very bitter.*

Place, It groweth wild in many places of this Land; and may be plentifully found neer *London*, as between *Redriff* and *Deptford*, by the Ditch-sides. Its Vertues are held to be the same with *Borrage* and *Bugloss*, only this is something hotter.

Time. They flower in *June* and *July*, and the seed is ripe shortly after.

Government and Vertues. They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengtheners of Nature. They are very Cordial. The Leaves or Roots are to very good purpose used in Putrid and Pestilential Feavers, to defend the Heart, and help to resist and expel the poyson, or the Venom of other Creatures; the seed is of the like effects; and the seed and Leaves are good to encrease Milk in Womens Breasts: The Leaves, Flowers, and Seed, all, or any of them, are good to expel Pensiveness and Melancholy, it helpeth to clarifie the Blood and mitigate heat in Feavers. The Juyce made into a Syrup prevalleth much to all the purposes aforesaid, and is put with other cooling, opening, clensing Herbs to open Obstructions, and help the yellow Jaundice, and mixed with Fumitory, to cool, clense, and temper the Blood thereby, it helpeth the Itch, Ringworms, and Tetters or other spreading Scabs or Sores. The Flowers candied, or made into a Conserve, are helping in the former causes, but are chiefly used as a Cordial, and are good for those that are weak with long sickness, and to comfort the Heart and Spirits of those that are in a Consumption, or troubled with often swoonings, or passions of the Heart: The Distilled Water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflamations of the eyes, being washed therewith: The dryed Herb is never used, but the green; yet the ashes thereof boyled in Mead, or honeyed water, is available against Inflammations and Ulcers in the Mouth or Throat, to wash and gargle it therewith. The Roots of *Bugloss* are effectual being made into a licking Electuary, for the Cough, and to condensate thin Flegm, and the Rheumatick distillations upon the Lungs.

Feavers, Pestilence, Poyson, Venomous Beasts, Milk in Nurses, Melancholy, Ill blood, Yellow Jaundice, Itch, Ringworms, Tetters, Scabs, weakness, by long Sickness Consumption, Swooning, Inflammations. Ulcers, Sore Mouths and Throat, Cough, Flegm.

Blue-Bottle.

IT is called *Cyanus*, I ſuppoſe from the colour of it; *Hurt-ſickle*, becauſe it turns the edg of the Sickle that reap the Corn; *Blue-blow*, *Corn-flower*, and *Blue-Bottle*.

Deſcription. *I ſhall only deſcribe that which is commoneſt, and in my opinion moſt uſeful: Its Leaves ſpread upon the ground, being of a whitiſh green colour, ſomewhat on the edges like thoſe of Corn Scabious, amongſt which ariſeth up a ſtalk divided into divers branches, beſet with long Leaves of a greeniſh colour, either but very little indented, or not at all. The flowers are of a blue colour, from whence it took its name, conſiſting of an innumerable company of ſmall flowers, ſet in a ſcaly head, not much unlike thoſe of Knapweed: The ſeed is ſmooth, bright and ſhining, wrapped up in a woolly mantle: The Root periſheth every year.*

Place. They grow in Corn-fields, amongſt all ſorts of Corn, Peaſe, Beans, and Tares excepted; if you pleaſe to take them up from thence, and tranſplant them in your Garden, eſpecially toward the full Moon, they will grow more double than they are, and many times change colour.

Time. They flower from the beginning of *May*, to the end of Harveſt.

Government and Vertues. As they are naturally cold, dry and binding, ſo are they under the Dominion of *Saturn*. The Powder or dried Leaves of the *Blue-bottle* or *Corn-flowrr*, is given with good ſucceſs to thoſe that are bruiſed by a fall, or have broken a Vein inwardly, and void much blood at the mouth: being taken in the Water of *Plantane*, *Horſtail*, or the greater *Comfry*, it is a Remedy againſt the poyſon of the Scorpion, and reſiſteth all Venome and Poyſon. The Seed or Leaves taken in Wine is very good againſt the Plague, and all infectious Diſeaſes, and is very good in Peſtilential Feavers. The Juyce put into freſh or green wounds, doth quickly ſoder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the mouth: The Juyce dropped into the Eyes, taketh away the heat and inflammation in them. The diſtilled Water of the Herb hath the ſame properties, and may be uſed for the effects aforeſaid.

Bruiſes, Broken Veins, Poyſon, Plague, Epidemical Diſeaſes, Wounds, Ulcers, Inflammations in the Eyes.

Brank-Urſine.

BEſide the common Name *Brank-urſine*, it is alſo called *Bears-breech*, and *Acanthus*, though I think our Engliſh Names to be more proper; for the Greek word *Acanthos*, ſignifies any Thiſtle whatſoever.

Deſcription. *This Thiſtle ſhooteth forth very many large, thick, ſad green ſmooth Leaves upon the ground, with a very thick and juicy middle Rib: The Leaves are parted with ſundry deep gaſhes on the edg; the Leaves remain a long time before any ſtalk appears: afterwards ariſeth up a reaſonable big ſtalk three or four foot high, and bravely deckt with flowers from the middle of the ſtalk upwards, for on the lower part of the ſtalk there is neither Branch nor Leaf;*

the

the flowers are hooded and gaping, being white in colour, and standing in brownish Husks, with a long small undivided Leaf, under each Leaf: they seldome seed in our Country. Its Roots are many, great and thick, blackish without, and whitish within, full of a clammish sap; a piece of them, if you set in the Garden, and defend them from the first Winters cold, will grow and flourish.

Place. They are only nursed up in Gardens in *England*, where they will grow very well.

Time. It floureth in *June* and *July*.

Government and Vertues. It is an excellent Plant, under the Dominion of the *Moon*: I could wish such as are studious would labour to keep it in their Gardens. The Leaves being boyled and used in Clysters are excellent good to mollifie the Belly, and make the passages slippery.

The Decoction drunk inwardly, is excellent good for the Bloody flux. The Leaves being bruised, and rather boyled and applied like a Pultis, are exceeding good to unite broken bones, and strengthen Joynts that have been put out. The Decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good for the Kings-Evil that is broken and ruppeth; for by the influence of the *Moon* it reverseth the ends of the Veins which are relaxed: there is scarce a better Remedy to be applied to such places as are burnt with fire than this is, for it fetcheth out the fire, and heals it without a Scar. This is an excellent Remedy for such as are burften, being either taken inwardly, or applied to the place. In like manner used, it helps the Cramp and the Gout. It is excellent good in Hectick Feavers, and restores radical Moisture to such as are in Consumptions.

Bloody flux, Fractures, Dislocations, Kings-Evil, Burnings, Ruptures, Cramp, Gout, Dissury, Hectick Feavers, Radical Moisture.

Briony, or Wild Vine.

IT is called Wild Vine, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by some; and the black, Black Vine.

Description. *The common white Briony groweth ramping upon the Hedges, sending forth many long, rough, very tender Branches at the beginning, with many very rough, broad Leaves thereon, cut (for the most part) into five partitions, in form very like a Vine leaf, but smaller, rougher, and of a whitish or hoary, green colour, spreading very far, spreading and twining with his small clospers (that come forth at the Joyats with the Leaves) very far on what soever standeth next to it. At the several joints also (especially towards the top of the branches) cometh forth a long stalk bearing many whitish flowers together in a long tuft, consisting of five small Leaves a piece, laid open like a Star: after which come the Berries, separated one from another more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good scent, but of a most loathsom tast, provoking vomit. The Root groweth to be exceeding great, with many long Twines or Branches growing from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter, loathsom tast.*

Plate.

Plant.] It groweth on Banks, or under Hedges, through this Land: the Roots lie very deep.

Time.] It flowreth in *July* and *August*, some earlier, and some later than other.

Government and Vertues. They are furious Martial Plants: The Roots of Briony purges the belly with great violence troubling the Stomach, and burning the Liver, and therefore not rashly to be taken; but being corrected, is very profitable for the diseases of the Head, as Falling-sickness, Giddiness, and Swimmings, by drawing away much Flegm and Rheumatick humors that oppress the Head. as also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps, and Stiches in the sides, and the Dropsie; and in provoking Urine, it cleanseth the Reins and Kidnies from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swellings thereof. The Decoction of the Root in Wine, drunk once a week at going to bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of abortion, a dram of the Root in pouder taken in white Wine, bringeth down their Courses. An Electuary made of the Roots and Honey, doth mightily cleanse the Chest of rotten flegm, and wonderfully help an old strong Cough, these that are troubled with shortness of breath, & is very good for them that are bruised *inwardly*, to help to expel the clotted or congealed blood. The Leaves, Fruit, & Root do cleanse old and filthy Sores, are good against all fretting and running Cankers, Gangrenes and Tetters, and therefore the Berries are by some Country people called Tetter-berries. The Root cleanseth the skin wonderfully from all black and blew Spots, Freckles, Morphew, Leprosie, foul Scars, or other deformity whatsoever: it also all running Scabs and Mangines are healed by the pouder of the dried root, or the Juyce thereof, but especially by the fine white hardned juyce. The distilled Water of the Roots worketh the same effects, but more weakly. The Root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth as also splinters and thorns in the flesh; and being applied with a little Wine mixed therewith, it breaketh Boyls, and helpeth Whitlows on the Joynts.

Falling-sickness Vertigo, Flegm, Palsies, Convulsion, Cramp, Stitches, Dropsies, Gravel, Stone, Obstructions Womb, Mother, dead Child, After-birth, Cough, Shortness of Breath, Sores, Cankers, Gangrens, Tetters, Ring-worms, black Spots Freckles, Morphew, Leprosie, broken Bones Splinters, Thorns, Whitlows or Nail-wheals, or Anticons.

For all these later, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you: You shall find in my *Translation of the London Dispensatory*, among the Preparations at the later end, a Medicine called *Fœrula Brionia*, take that and use it. you have the way there how to make it, and mix it with a little Hogs-grease, or other convenient Oyntment, and use it at your need.

As for the former Diseases, where it must be taken inwardly, it purges ve

very violently, and needs an abler hand to correct it than most Country-people have, therefore it is a better way for them in my opinion to let the Simple alone, and take the Compound Water of it, mentioned in my *Dispensatory*, and that is far more safe, being wisely corrected.

Brooklime, *or* Water-Pimpernel.

Descript. *This sendeth forth from a creeping Root that shooteth forth strings at every joynt as it runneth, divers and sundry green stalks, round and suppy, with some branches on them, somewhat broad, round, deep, green, and thick Leaves set by couples thereon: from the bosom whereof shoot forth long Foot-stalks, with sundry small blew flowers on them, that consist of five small round pointed Leaves apiece.*

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler blew colour.

Place. They grow in small standing Waters, and usually near Water-cresses.

Time. And flowers in *June* and *July*, giving Seed the next moneth after.

Government and Vertues. It is a hot and biting Martial Plant. Brooklime and Water-cresses are generally used together in Diet-Drinks, with other things serving to purge the blood and body from all ill humors that would destroy health, and are helpful to the Scurvy. They do also provoke Urine, and help to break the Stone, and pass it away. They procure Womens Courses, and expel the dead Child. Being fryed with Butter and Vinegar, and applied warm, it helpeth all manner of Tumors or Swellings, and Inflammations.

Blood, purgeth ill Humors, Scurvy, Dissury, Stone, Terms provokes, Dead Child, Swellings, Inflammations.

Such Drinks ought to be made of sundry Herbs according to the Malady offending, I shall give a plain and easie Rule at the later end of this Book.

Butchers-Broom.

IT is called *Ruscus* and *Bruscus*, *Knee-holm*, *Knee-holly*, *Knee-hulver*, and *Pettigree*.

Descript. The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of *Asparagus*, but greater: these rising up to be a foot and an half high, are spread into divers branches green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together; about the middle of the leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained. The Root is thick, white and great at the head, and from thence sendeth forth divers thick, white, long, tough strings.

Place.

Place.] It groweth in Copses, and upon Heaths and waſt Grounds, and often times under or near the Holly-Bushes.

Time.] It shooteth forth his young Buds in the Spring, and the Berries are ripe in or about *September*. The branches of Leaves abiding green all the Winter.

Government and Vertues.] 'Tis a Plant of *Mars*, being of a gallant clenſing and opening quality. The Decoction of the Roots made with Wine, openeth Obſtructions, provoketh Urin, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courſes, as alſo the yellow Jaundice, and the Headach: and with ſome Honey or Sugar put thereunto, clenſeth the Breaſt of flegm, and the Cheſt of much clammy humors gathered therein. The Decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and conſolidating broken bones, or parts out of joynt. The common way of uſing it, is to boyl the Roots of it and Parſly and Fennel, and Smallage in white Wine, and drink the decoction, adding the like quantity of Graſs-root to them: the more of the Roots you boyl, the ſtronger will the Decoction be: it works no ill effects, yeth I hope you have wit enough to give the ſtrongeſt Decoctions to the ſtrongeſt bodies.

Obſtructions, Diſſury, Gravel, Stone, Strangury, Terms provokes, Yellow Jaundice, Headach, Flegm, Broken Bones, Diſſoccations.

Broom, *and* Broomrape.

To ſpend time in writing a Deſcription hereof, is altogether needleſs it being ſo generally uſed by all the good Houſwives almoſt through this Land to ſweep their Houſes with, and therefore very well known to all ſorts of people.

The Broomrape ſpringeth up on many places from the roots of the Broom (but more often in Fields, as by Hedg-ſides, and on Heaths) The Stalk whereof is of the bigneſs of a finger or thumb, above two foot high, having a ſhew of leaves on them, and many Flowers at the top, of a reddiſh yellow colour, as alſo the ſtalks and leaves are.

Place.] They grow in many places of this Land commonly, and do commonly ſpoil all the Land they grow in.

Time.] And flower in the Summer moneths, and give their Seed before Winter.

Government and Vertues.] The Juyce or Decoction of the young branches, or ſeed, or the powder of the ſeed taken in drink, purgeth downwards and draweth flegmatick and watry humors, from the Joynts whereby it helpeth the Dropſie, Gout, Sciatica, and the pains of the Hips & Joynts. It alſo provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, clenſeth alſo the Reins or Kidnies and bladder of the Stone, provoketh Urine abundantly, and hinderoth the growing again of the Stone

Flegm, Joynts, Dropſie, Sides, Spleen, Bladder,

in the body. The continual use of the Pouder of the Leaves and Seed doth cure the black Jaundice. The distilled Water of the Flowers is profitable for all the same purposes. It also helpeth Surfets, and altereth the Fits of Agues, if three or four ounces thereof with as much of the water of the lesser Century, and a little Sugar put therein, be taken a little before the fit cometh, & the party be laid down to sweat in his bed. The Oyl or water that is drawn from the ends of the green sticks heated in the fire, helpeth the Toothach. The Juyce of the young branches made into an Oyntment of old Hogs-grease and anointed, or the young branches bruised and heated in Oyl or Hogs-grase, and laid to the sides pained by wind, as in Stitches, or the Spleen, easeth them in once twice using it. The same boyled in Oyl, is the safest and surest Medicine to kill Lice in the Head or bodie of any: and is an especial Remedy for Joyntaches, and swollen Knees that come by the falling down of Humors.

Kidnies, Stone, Dysury, black Jaundice, Agues, Toothach, Wine, Stiches, Lice,

The Broomrape also is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the Stone in the Kidnies & Bladder, and to provoke urine, as the *Broom* it self. The Juyce thereof is a singular good help to cure as well green Wounds, as old and filthy Sores and malignant Ulcers. The insolate Oyl wherein there hath been three or four repetitions of Infusion of the top stalks with flowers strained & cleared, clenseth the skin from all manner of spots, marks, and Freckles that rise either by the heat of the Sun, or the malignity of humors. As for the *Broom* and *Broomrape*, *Mars* owns them, and it is exceeding prejudicial to the Liver, I suppose by reason of the Antipathy between *Jupiter* and *Mars*; therefore if the Liver be disaffected, minister none of it.

Stone, Dysury, green Wounds.

Bucks-horn Plantane.

Descript. THis being sown of seed riseth up at the first with small, long, narrow, hairy, dark green Leaves like Grass, without any division or gash in them; but those that follow, are gash'd in on both sides the leaves into three or four gashes, and pointed at the ends, resembling the knags of a Buck-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another, thereby resembling the form of a Star: from among which rise up divers hairy stalks, about a hand breadth high, bearing every one a small long spiky head like to those of the common Plantane having such like bloomings and seed after them. The Root is single, long, and small, with divers strings at it.

Place.] They grow in sandy ground, as in *Tattle-fields* by *westminster*, and divers other places of this Land.

Time.] They flower and seed in *May*, *June*, and *July*, and their green leaves do in manner abide fresh all the Winter.

Government and Vertues.] It is under the dominion of Saturn, and is of gallant drying and binding quality. This boyled in Wine and drunk, and some

Venemous Beasts, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, Bloody Flux, Agues, Eyes.

some of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one and the same. The same being also drunk, helpeth those that are troubled with the stone in the Reins or Kidnies by cooling the heat of the part afflicted, strengthening them: as also weak Stomachs that cannot retain but cast up their meat. It stayeth all bleeding at Mouth and Nose, bloody Urine, or the bloody Flux, and stoppeth the Lask of the Belly and Bowels. The leaves hereof bruised, and laid to their sides that have an Ague, suddenly easeth the Fit: and the Leaves and Roots beaten with some Bay-Salt, and applied to the Wrists, worketh the same effects. The Herb boyled in Ale or Wine, and given for some mornings and evenings together, stayeth the distillations of hot and sharp Rhewms falling into the Eyes from the Head, and helpeth all sorts of sore Eyes.

Bucks-horn.

IT is called also Harts-horn, *Herba stella*, and *Herba-stellaria*, *Sanguinaria*, Herb-eve, and Herb-Ivy, and Wort-cresses and Swines-cresses.

Descript. *They have many small and weak straggling branches trailing here and there upon the ground: the Leaves are many, small, and jagged, not much unlike to those of Bucks-horn Plantane, but much smaller, and not so hairy. The flowers grow amongst the Leaves in small, rough, whitish clusters; the seeds are small and brownish, of a bottish taste.*

Place. They grow in dry, barren and sandy grounds.

Time. They flower and seed when the rest of the Plantanes do.

Government and Vertues. This is also under the Dominion of *Saturn*, the Vertues are held to be the same of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but besides those, it is most certainly found out, That the leaves being bruised and applied to the

Bleeding, Warts.

place, stop bleeding, the herb bruised, and applied to Warts, will make them consume and wax away in a short time.

Bugle.

BEsides the name Bugle, it is called Middle-consound, and Middle-Comfry, brown Bugle, and of some Sickle-wort, and Herb-carpenter, though in *Sussex* we call another Herb by that name.

Description. *This hath larger Leaves than those of the Self-heal, but of the same fashion, or rather a little longer, in some green on the upper side, and in others more brownish, dented about the edges, somewhat hairy, as is the square stalk is also, which riseth up to be half a yard high sometimes, with Leaves set by couples: from the middle almost whereof upwards stand the Flowers together, with many smaller and browner Leaves than the rest, on this side below, set at distances, and the stalk here between them, among which Flowers are also small ones of a blewish, and sometimes of an Ash-colour, fashioned like the flowers of the Ground-Ivy, after which come small, round, black*

ſeed. The Root is compoſed of many ſtrings, and ſpreadeth upon the ground in divers parts round about.

The White-flowered Bugle *differeth not in form or greatneſs from the former, ſaving that the Leaves and ſtalks are alwaies green, and never brown, like the other, and the flowers thereof are white.*

Place. They grow in Woods and Copſes, and Fields generally throughout *England*: but the white-flowered Bugle is not ſo plentiful as the former.

Time. They flower from *May* until *July*, and in the mean time perfect their ſeed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

Government and Vertues. This Herb is belonging to Dame *Venus*, if the Vertues of it make you in love with it (as they will if you be wiſe) keep a Syrup of it to take inwardly, and an Oyntment and Plaiſter of it to uſe outwardly alwaies by you.

The Decoction of the Leaves and Flowers made in Wine and taken, diſſolveth the congealed blood in thoſe that are bruiſed inwardly by a fall or otherwiſe, and is very effectual for any inward Wounds, Thruſts or Stabs into the body or bowels, and is an eſpecial help in all Wound-drinks, and for thoſe that are Liver-grown (as they call it). It is wonderful in curing all manner of Ulcers and Sores whether new and freſh, or old and inveterate, yea, Gangrenes and Fiſtulaes alſo, if the leaves bruiſed and applied, or their Juyce uſed to waſh and bathe the places. And the ſame made into a Lotion with ſome Honey and Allum, cureth all Sores of the Mouth or Gums, be they never ſo foul, or of long continuance; and worketh no leſs powerfully and effectually for ſuch Ulcers and Sores as happen in the ſecret parts of Men or Women. Being alſo taken inwardly, or outwardly applied, it helpeth thoſe that have broken any bone, or have any Member out of Joynt. An Oyntment made with the Leaves of Bugle, Scabious and Sanicle bruiſed and boyled in Hogs-greaſe, until the herbs be dry, and then ſtrained forth into a pot, for ſuch occaſions as ſhall require it, is ſo ſingular good for all ſorts of hurts in the body, that none that know its uſefulneſs will be without it.

Bruiſes, Falls, Wounds, Stabs, Ulcers, Liver-grown, Gangrenes, Fiſtulaes, Sore Mouths, Gums, Sores in the Secrets, Broken Bones.

The truth is, I have known this Herb cure ſome Diſeaſes of *Saturn*, of which I thought good to quote one. Many times ſuch as give themſelves much to drinking, are troubled with ſtrange Fancies, ſtrange Sights in the night time, and ſome with Voices, as alſo with the Diſeaſe *Ephialtes* or the *Mare*, I take the Reaſon of this to be (according to *Fernelius*) a melancholy Vapour made thin by exceſſive drinking ſtrong Liquor, and ſo flies up and diſturbs the fancy, and breeds Imaginations like it ſelf, viz. fearful and troubleſom. Theſe I have known cured by taking only two ſpoonfuls of the Syrup of this herb after Supper two hours, when you go to bed. But whether it do it by Sympathy or Antipathy is ſome queſtion: all that know any thing in Aſtrology, know that there is a great Antipathy between *Saturn* and

Marts, Strange Sights in the night.

and *Venus* in matter of Procreation, yea, ſuch an one, that the barrenneſs of *Saturn* can be removed by none but *Venus*; nor the luſt of *Venus* be repelled by none but *Saturn*: but I am not of opinion this is done this way, and my reaſon is, Becauſe theſe vapours, though in quality Melancholy, yet by their flying upward, ſeem to be ſomething *Aerial*; therefore I rather think it is done by ſympathy, *Saturn* being exalted in *Libra* in the Houſe of *Venus*.

Burnet.

IT is alſo called *Sanguiſorba*, *Pimpernella*, *Bipida*, *Solbaſtrella*, &c. The common Garden Burnet is ſo well known, that it needeth no Deſcription. There is another ſort which is wild; the deſcription whereof take as follow eth.

Deſcript.] *The great wild Burnet hath winged Leaves riſing from the root like the Garden Burnet, but not ſo many, yet each of theſe Leaves are at the leaſt twice as large as the other, and nicked in the ſame manner about the edges, of a grayiſh colour on the under ſide: the ſtalks are greater, and riſe higher, with many ſuch like Leaves ſet thereon, and greater heads at the tops of a brownish colour, and out of them come ſmall, dark, purple flowers, like the former, but greater. The Root is black and long like the other, but greater alſo: It hath almoſt neither ſcent nor taſt therein, like the garden kind.*

Place.] The firſt grows frequently in Gardens. The wild kind grows in divers Countries in this Land, eſpecially in *Huntington* and *Northampton* Shires, in the Meadows there: as alſo near *London* by *Pancras*-Church, and by a Cauſey-ſide, in the middle of a by-Field by *Paddington*.

Time.] They flower about the end of *June* and beginning of *July*, and their ſeed is ripe in *Auguſt*.

Government and Vertues.] This is an Herb the *Sun* challengeth Dominion over, and is a moſt precious Herb, little inferiour to *Betony*: The continual uſe of it preſerves the Body in health, and the ſpirits in vigour: for the *Sun* be the preſerver of life under God, his Herbs are the beſt in the World to do it by. They are accounted to be both of one property, but the leſſer is more effectual, becauſe quicker, and more Aromatical: It is a friend to the Heart, Liver, and other principal parts of a mans Body. Two or three of the ſtalks with Leaves put into a Cup of Wine, eſpecially Claret, are known to quicken the ſpirits, refreſh and clear the Heart, and drive away Melancholy: It is a ſpecial help to defend the Heart from noſome vapors, & from infection of the Peſtilence, the juyce thereof being taken in ſome drink, and the party laid to ſweat thereupon. They have alſo a drying and an aſtringent quality, whereby they are available in all manner of Fluxes of Blood or Humours, to ſtanch bleedings inward or outward, Lask, Scouring, the bloody flux, womens too abundant flux of courſes, the whites, and the Chollerick Belchings & caſtings of the ſtomach; and a ſingular wound herb for all ſorts of Wounds both of the head and body, either inward or outward: for all old Ulcers or running Cankers, and moiſt Sores, to be uſed either by the juyce,

Heart,
Liver,
Melancholy,
Peſtilence,
Epidemical Diſeaſes,
Bleeding,
Stoppeth Terms and Whites,
Belching,
Vomiting,
Wounds,
Ulcers,
Cankers,
Sores,
Fluxes.

Rednes stay the Reds in Women. It makes the Heart merry, Melancholy drives away Melancholy, quickens the Spirits, is good against the Quinsy, Quarran Agues, Rancheth bleedings at mouth and Nose, it is be- ing stamped and applied to the Nape of the Neck. The Herb also bruised, and With some Salt and Vinegar, and Hogs grease laid upon any hard Tumor or Swelling, or that which is vulgarly called the Kings-evil, do help to dissolve or discuss them, and being in like manner applied, doth much allay the pains; and give ease to the Gout, Sciatica, and other pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers, also to stay their fretting, and wing and spreading, it drieth forth Splinters, and such like things gotten into the flesh, and is very good against Bruises and Burnings. Bur the yellow Archangel is most commended for old, filthy, corrupt Sores and Ulcers, yea although they grow to be hollow, and to dissolve Tumors. The chief use of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for women*.

Nosewort.
Quinsy.
Agues.
Neck.
Wounds.
Joints.
Ulcers.
Bruises.
Burnings.
Sciatica.
Sinews.
Old Sores.
Old Ulcers.
Gout.
Tumors.

Arse-smart.

THe hot Arse-smart is called also Water-Pepper, Culrage. The mild Arse-smart is called dead Arse-smart, Porcicaria, or Peach-wort, because the Leaves are like the Leaves of a Peach-tree: it is also called Plumbago.

Description of the mild. *This hath broad leaves set at the great red joints of the stalks; with semi-circular blackish marks as them usually, yet sometimes without. The Flowers grow in long spikes usually, either blush or whitish with such like seed following. The Root is long, with many strings thereat, perishing yearly: this hath no sharp taste (as another sort hath, which is quick and biting) but rather sour like Sorrel, or else a little drying, or without taste.*

Place. It grows in watry Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time. It flowreth in *June*, and the Seed is ripe in *August*.

Government and Vertues. As the Vertue of both these is various, so are also their Government: for that which is hot and biting, is under the Dominion of *Mars* but *Saturn* challengeth the other, as appears by that Leaden colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for *Ulcers*, putrified Ulcers in man or beast, to kill Worms, and cleanse the *cold Swellings* putrified places. The Juyce thereof dropped in, or otherwise *Sores*, applied consumeth all cold Swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the *Red Blood*, Root, or some of the Seed bruised, and held to an aking tooth *Toothach*, taketh away the pain. The Leaves bruised, and laid to the *Felons*, or Joynt that hath a Felon thereon, taketh it away. The Juyce de- *Imposthumes*,

Worms in the Ears. *Fleas.* *Hurts, Impostumes, Inflammations, Wounds.*

Sprouteth Weeds in the Ears being dropped into them : if this hot Arsmart be strewed in a Chamber, it will soon rid all the Fleas ; and the Herb or Juyce of the cold Arsmart put to a Horse or other Cattels Sores will drive away the Flies in the hot test time of Summer : a good handful of the hot biting Arsmart put under a Horses Saddle, will make him travel the better al-though he were half sited before. The mild Arsmart is good against hot Impostumes and Inflammations at the beginning, and to heal green Wounds.

All the Authors chop the Vertues of both sorts of Arsmart together, as men chop herbs for the Pot, when both of them are of clean contrary qualities. The hot Arsmart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it if you will be but pleased to break a leaf of it cross your tongue, for the hot will make your tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far bread-er leaves : and our Colledg of Physitians out of their learned care for the publick good *Anglice* their own gain, mistake the one for the other in their *New Master-Piece*, whereby they discover, 1 Their Ignorance, 2 Their Care-lessness, and he that hath but half an eye, may see their pride without a pair of Spectacles. I have done what I could to distinguish them in the Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. *Reason*, nor his Brother Dr. *Experient*, con-cerning either of them both.

Asarabacca.

Description. *Asarabacca* hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own foot-stalk, which are rounder and bigger than violet leaves, thicker al-so, and of a dark green shining colour on the upper side, and of a pale yel-low green underneath, little or nothing dented about the edges, from a-mong which rise small, round, hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like the Cups of Heads of the Henbane seed, but that they are smaller : and these be all the flowers it carrieth, which are somewhat sweet, being smel-led unto, and wherein when they are ripe is contained small cornered, rough seeds, very like the Kernels or stones of Grapes or Raisins. The Roots are small and whitish, spreading divers wayes in the ground, and increasing into divers Heads : but not running or creeping under the ground as some other creeping Herbs do. They are somwhat sweet in smell, resembling Nardus, but more when they are dry, than green : and of a sharp, but not unpleasing taste.

Place. It groweth frequently in Gardens.

Time. They keep their leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seed about midsummer, or somwhat after. *Govern-*

Government and Vertues. 'Tis a Plant under the Dominion of *Mars*, and therefore inimical to Nature. This Herb being drank, not only provoketh Vomiting, but purgeth downward, and by Stool also, purgeth both Choler and Flegm: If you add to it some Spicknard, with the Whey of Goats-milk, or honyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choler, and therefore doth much help pains in the Hips & other parts. It being boyled in Whey, wonderfully helpeth the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice being steeped in Wine and drunk. It helps those continual Agues that come by the plenty of stubborn humors: an Oyl made thereof by setting in the Sun, with some *Laudanum* added to it, provoketh Sweating (the ridg of the back being anointed therewith) and thereby driveth away the shaking fits of the Ague. It will not abide any long boyling, for it loseth its chiefest strength thereby; nor much beating, for the finer Pouder doth provoke Vomits and Urine, and the courser purgeth downwards.

Causeth Vomiting, Choler, Flegm, Urine, Obstructions of the Liver and Spleen, Dropsie, Jaundice, Agues.

The common use hereof, is to take the Juyce of five or seven Leaves in a little drink to cause Vomitings: the Roots have also the same Vertue, though they do not operate so forcibly: yet they are very effectual against the biting of Serpents, and therefore are put in an Ingredient both into Methridate and Venice-Treacle. The leaves and Roots being boyled in Lie, and the head often washed therewith while it is warm, comforteth the head and brain that is ill affected by taking cold, and helpeth the Memory.

Serpents. Head, Memory.

I shall desire ignorant people to forbear the use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cancers, or old putrified Ulcers or Fistulaes upon their bodies, to take a dram of them in Pouder in a quarter of a pint of white Wine in the morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken Nature, nor shall ever advise them to be used unless upon urgent necessity. If a Physician be Natures Servant, it is his duty to strengthen his Mistress as much as he can, & weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descript. *IT riseth up at first with divers white green scaly Heads, very brittle or easie to break while they are young, which afterwards rise up in very love and slender green stalks, of the bigness of an ordinary riding wand, at the bottom of most, or bigger, or lesser, as the Roots are of growth: on which are set divers branches of green Leaves, shorter and smaller than Fennel, at the tops whereof come forth small mossie yellowish flowers, which turn into round Berries, green at the first, and of an excellent red colour when they are ripe, shewing like heads of Corall, wherein are contained exceeding hard black Seeds. The Roots are dispersed from a spongeous head into many long, thick, and round strings, whereby it sucketh much nourishment out of the ground, and encreaseth plentifully thereby.*

Prickly Asparagus, Sparagus, or Sperage.

Descript. IT groweth wild in Gardens, some of it growes wild in Appleton Meadow in Gloucestershire, where the poor people do gather the buds or young shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time. They do for the most part flower, and bear their Berries late in the Year, or not at all, although they are housed in Winter.

Government and Vertues. They are both under the Dominion of *Jupiter*.

Belly, Strangury, Dysury, Gout, Sciatica, Eyes, Tooth-ach.

The young Buds or Branches boyled in ones ordinary Broth, maketh the Belly loluble and open, and boyled in white Wine, provoketh Urine being stopped, and is good against the Strangury or difficulty of making water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth pains in the Reins. And boyled in white Wine or Vinegar, it is prevalent for them that have their Arteries loosned, or are troubled with the Hip-Gout or Sciatica.

The Decoction of the Roots boyled in Wine and taken, is good to clear the sight, and being held in the Mouth easeth the Tooth-ach: and being taken fasting several mornings together, stirreth up bodily Lust in Man or Woman (whatsoever some have written to the contrary). The Garden Asparagus pourgeth more than the wild, yet hath it the same effects in all the aforementioned Diseases. The Decoction of the roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother and Cholick, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benummed Sinews, or those that are shrunk by the Cramps and Convulsions, and helpeth the Sciatica.

Reins, Bladder, Mother, Cramps, Cholick, Convulsion.

Ash-Tree.

THis is so well known, that time will be mis-spent in writing a description of it; and therefore I shall only insist upon the Vertues of it.

Government and Vertues. It is governed by the *Sun*, and the young tender tops with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of the Viper, Adder, or any other venomous beast: and the water distilled therefrom being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too grosse or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone, and expel it, and cureth the Jaundice. The ashes of the Bark of the Ash made into Ly, and these Heads bathed therewith which are leprous, scabby or scald, they are thereby cured. The Kernels within the Husks commonly called Ashen Keys, prevaileth against Stitches and pains in the sides proceeding of wind, and voideth away the stone by provoking Urine.

Adders and Vipers biting, Dropsie, Stone, Jaundice, Leprosie, Scabs, Scald Heads, Stitches, Side, Dysury, Stone.

I can justly except against none of all this, save only the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers. I suppose this had its rise from *Gerard* or *Pliny*, both which hold, That there is such an Antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the fire than through the Leaves: the contrary to which is the truth, as both my eyes are witness. The rest are Vertues something like, only if it be in Winter when you cannot get the leaves, you may safely use the Bark instead of them. The Keys you may easily keep all the year, gathering them when they are ripe.

Avens, *called also* Colewort, *and* Herb Benet.

Descript. THis ordinary *Avens* hath many long, rough, dark green, winged, leaves rising from the Root, every one made of many leaves, set on each side of the middle Rib, the largest three whereof grow at the end, and are snip'd or dented round about the edges: the other being small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy stalks about two foot high, branching forth with leaves at every joynt, not so long as those below, but almost as much cut in, on the edges, some into three parts, some into more. On the tops of the branches stand small, pale yellow flowers, consisting of five leaves, like the flowers of Cinkfoyl, but large in the middle, whereof standeth a small green Head, which when the flower is fallen, groweth to be rough and round, being made of many long greenish purple Seeds (like grains) which will stick upon your Cloaths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier grounds, and in the freer and cleer Air.

Place. They grow wild in many places under Hedg-sides, & by the Pathwaies in fields; yet they rather delight to grow in shadowy than sunny places.

Time. They flower in *May* and *June* for the most part, and their Seed is ripe in *July* at the furthest.

Government and Vertues. It is governed by *Jupiter*, and that gives hopes of a wholsom healthful Herb. It is good for the Diseases of the Chest or Breast, for pains and stitches in the sides, and to expel crude and raw humors from the belly and stomach by the sweet savor and warming quality. It dissolveth the inward congealed blood happning by falls or bruises, and the spitting of blood if the Roots either green or drie, be boyled in Wine & drunk, as also all manner of inward wounds or outward, if they be washed or bathed therewith. The Decoction also being drunk, comforteth the Heart, and strengtheneth the Stomach, and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver, and

Breasts, Stitches, wind, Belly, Stomach, inward wounds, Heart, cold Brain, Obstructions, Cholick, Fluxes, Ruptures, Spots and marks in the Face, Plague, Poyson, Indigestion.

helpeth the wind Colick; it also helps those that have Fluxes, or are burſten, or have a Rupture; it taketh away Spots and marks in the Face, being waſhed therewith. The Juyce of the freſh Root or Powder of the dried Root hath the ſame effect with the Decoction. The Root in the Spring time ſteeped in Wine, doth give it a delicate favor and reliſh, and being drunk faſting every morning comforteth the Heart, and is a good Preſervative againſt the Plague, or any other Poyſon. It helpeth Digeſtion, and warmeth a cold Stomach, and openeth Obſtructions of the Liver and Spleen.

It is very ſafe, you need have no Dole preſcribed; and is very fit to be kept in every bodies houſe.

Balm.

THis Herb is ſo well known to be an Inhabitant almoſt in every Garden that I ſhall not need to write any Deſcription thereof, although the Vertues thereof which are many, may not be omitted.

Government and Vertues. It is an Herb of *Jupiter*, and under *Cancer*, and ſtrengthens Nature much in all its actions. Let a Syrup made with the Juyce of it and Sugar (as you ſhall be taught at the later end of the Book) be kept in every Gentlewomans houſe, to relieve the weak Stomachs and ſick bodies of their poor ſickly Neighbors, as alſo the Herb kept dry in the houſe that ſo with other convenient Simples, you may make it into an Electuary with Honey according as the diſeaſe is, and you ſhall be taught at the later end of my Book. The *Arabian* Phyſitians have extolled the Vertues hereof to the Skies, although the *Greeks* thought it not worth mentioning. *Serapio* ſaith, It cauſeth the Mind and Heart to become merry, and reviveth the heart fainting into Swoonings, eſpecially of ſuch who are overtaken in their ſleeps, and driveth away all troubleſome cares & thoughts out of the Mind ariſing from Melancholy, or black Choler; which *Avicen* alſo confirmeth. It is very good to help digeſtion, and open Obſtructions of the brain: and hath ſo much purging quality in it (ſaith *Avicen*) as to expel thoſe melancholy vapors from the Spirits and blood which are in the Heart & Arteries, although it cannot do ſo in other parts of the Body. *Dioſcorides* ſaith, That the Leaves ſteeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy againſt the ſting of a Scorpion, & the bitings of mad Dogs, and commendeth the decoction thereof for Women to bath or ſit in to procure their courſes: it is good to waſh aking teeth therewith, and profitable for thoſe that have the bloody Flux. The Leaves alſo with a little Nitre taken in drink, are good againſt a ſurfet of Muſhroms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their breath: uſed with Salt, it takes away Wens, Kernels or hard Swellings in the fleſh or throat: it cleanſeth foul Sores and eaſeth pains of the Gout. It is as good for the Liver as

Mind, Heart, Faintings Swoonings, Melancholy, Indigeſtion, Obſtruction of the Brain, Heart, Arteries, venemous Beaſts, mad Dogs, Terms provokes, Toothach, bloody Flux Muſhroms, difficulty of breathing, Gout, Liver, Spleen

Bugle

Spleen. A Tansie or Caudel made with Eggs, and the Juyce thereof while it is young, putting to it some Sugar and Rose-water, is good for Women in Child-bed, where the After-birth is not throughly avoided, and for their Fainting upon, or after their sore Travel. The Herb bruised and boyled in a little Wine & Oyl, and laid warm on a Boyl, will ripen and break it.

Spleen. Women in Child-bed. Fainting in Travel. Boyls.

Barberry.

THe Shrub is so well known to every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

Government and Vertues. *Mars* owns the Shrub, and presents it to the use of my Country-men to purge their bodies of Choler. The inner Rind of the Barberry-tree boyled in white Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to cleanse the body of choleric humors, and free it from such diseases as Choler causeth, such be Scabs, Itch, Tetters, Ringworms, yell, Jaundice, Boyls, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of the blood, heat of the Liver, bloody Flux: for the Berries are as good as the Bark, and more pleasing, they get a man a good stomach to his Victuals, by strengthening the attractive faculty, which is under *Mars*, as you may see more at large in the later end of my *Ephemeris* for the year 1651. The hair washed with the Lie made of the Ashes of the Tree and Water, 'twill make it turn yellow, *viz.* of *Mars* his own colour. The Fruit and Rind of the Shrub, the flowers of Broom and of Heath, or Furz, cleanse the body of Choler by Sympathy, as the flowers, leaves and bark of the Peach-tree do by Antipathy: because these are under *Mars*, that under *Venus*.

Choler, Scabs, Itch, Tetters, Ring-worm, yel. Jaundice, Boyls, Agues, Burning, Scaldings, Appetite, lost Hair.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

Government and Vertues. It is a notable Plant of *Saturn*, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barley Bread is so unwholsome for Melancholy people. BARLEY in all the parts and Compositions thereof (except *Malt*) is more cooling then Wheat, and a little cleansing: and all the Preparations therof, as Barley water, and other things made thereof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the stomach. A Pultis made of Barley meal or flour boyled in Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Impostumes, and asswageth Inflammations being thereto applied. And being boyled with Melilot and Chamomel flowers, and some Linseed, Fenugreek, and

Feavers, Agues, Stomach, Apostums, Inflamm. Spleen,

Rew in Powder, and applied warm, it easeth pains in the side and stomach, and windiness of the Spleen. The Meal of Barley and Flea-wort boyled in Water, and made into a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under Neck, Kings Evil, Leprosie, the Ears, Throat, Neck, and such like: and a Plaister made thereof with Tar, Wax, and Oyl, helpeth the Kings-Evil in the Throat: boyled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie: being boyled in red Wine with Pomegranate Rinds and Mirtles, stayeth the Lask or other Flux of the Belly: boyled with Vinegar and a Quince, it easeth the pains of the Gout. Barley flour, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The Water distilled from the green Barley in the end of *May*, is very good for those that have Defluxions of humors fallen into their Eyes, and easeth the pains being dropped into them, or white Bread steeped therein, and bound on to the Eyes, doth the same.

Ears, Throat, Neck, Kings Evil, Leprosie, Flux, Gout, Itch, Eyes.

Garden Bazil, *or* Sweet Bazil.

Description. THe greater or ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two leaves at every joynt, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little snipt about the edges, and of a strong heady scent. The Flowers are small and white, standing at the tops of the branches, with two small leaves at the joynts, in some places green, in others brown, after which come black seed. The Root perisheth at the approach of Winter, and therefore must be new sown every year.

Place. It only groweth in Gardens.

Time. It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

Government and Vertues. This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers. *Galen* and *Dioscorides* hold it not fitting to be taken inwardly: and *Crysippus* rails at it with down-right *Billings-gate Rhetorick*. *Pliny* and the Arabian Physitians defend it.

For mine own part I presently found that Speech true;

Non nostrum inter nos tantas componere lites.

And away to Dr. *Reason* went I, who told me it was an Herb of *Mars*, and under the *Scorpion*, and perhaps therefore called *Basilicon*, and then no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by a venomous Beast, or stung by a Wasp or Hornet, it speedily draws the poyson to it: *Every like draws his like*. *Mizaldus* affirms, That it being laid to rot in Horse-dung, it will breed venomous Beasts. And *Hollerius* a French Physitian, affirms upon his own knowledge, That an acquaintance of his by common smelling to it, had a *Scorpion* bred in his Brain. Something is the matter this Herb and Rew will not grow together,

Venomous Beasts, Bees, Wasps, Hornets.

gether, no, nor hear one another: And we know Rew is as great an enemy to poyson, as any growes.

To conclude: It expelleth both Birth and after-birth: and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay Tree.

THis is so well known, that it needs no Description; I shall therefore only write the Vertues thereof, which are many.

Government and Vertue.) I shall but onely add a word or two to what my Friend hath written, *viz.* That it is a Tree of the *Sun*, and under the Celestial Sign *Leo*, and resisteth Witchcraft very potently, as also all the evils old *Saturn* can do to the Body of Man, and they are not a few; for it is the speach of one, and I am mistaken if were not *Mizaldus*, That neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. *Galen* saith, That the Leaves, or Bark do dry and heal very much, and the Berries more than the Leaves. The Bark of the Root is lesse sharp and hot, but more bitter, and hath some astriction withal, whereby it is effectual to break the stone, and good to open obstructions of the Liver, Spleen, and other inward parts, which bring the Dropsie, Jaundice, &c. The Berries are every effectual against al poyson of venomous Creatures, and the stings of Wasps and Bees, as also against the Pestilence, or other infectious Diseases, and therefore is put into Sundry Treacles for that purpose: they likewise procure Womens Courses; and seven of them given to a Woman in sore Travel of Child-birth, do cause a Speedy delivery and expel the After-birth, and therefore not to be taken by such as have not gone out their time, lest they procure Abortment, or cause Labour too soon: they wonderfully help all cold and rheumatick Distillations from the Brain to the Eys, Lungs or other parts: And being made into an Electuary with Honey do help the Consumption, old Coughs, Shortness of Breath and thin Rheums; as also the Megrim: they mightily expel wind, and provoke Urine; help the Mother, and kill the Worms: the Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in that are troubled with the Mother, or the diseases thereof, or the stoppings of their Courses, or for the diseases of the Bladder, pains in the bowels by wind and stopping of urine. A decoction likewise of equal parts of Bay-berries, Cummin-seed, Hysop, Organum, and Euphorbium, with some honey, and the Head bathed therewith doth wonderfully help Distillations & Rheums, and setteth the Palate of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold Griefs of the Joynts, Nerves Arteries, Stomach, Belly, or Womb, and helpeth Palsies,

Witchcraft, Stone, Obstructions of the Liver, Spleen, Dropsie, Poyson, Jaundice, Bees, Wasps, Terms provokes, causes Delivery, after-birth, Eyes, Lungs, Cough, Shortness of breath, Megrim, wind, Vertigo, Dysury, Mother, Worms, Joynts

Nerves, Arteries, Stomach, Belly, Womb, Ears, Marks in the Skin, Itch, Scabs.

ties, Convulsions, Cramps, Aches, trembling and numness in any part, weariness also, and pains that come by sore travellings. All grief and pains likewise proceeding from Wind, either in the Head, Stomach, Back, Belly or Womb, by anointing the parts affected therewith: And pains in the Ears are also cured by dropping in some of the Oyl, or by receiving into the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away marks of the skin and flesh by bruises, falls, &c. and dissolveth the congealed blood in them. It helpeth also the Itch, Scabs and Wheals in the Skin.

Beans.

BOth the Garden and Field Beans are so well known, that it saveth me labour of writing any Description of them. Their Vertues follow.

Government and Vertues.] They are Plants of *Venus*; and the distilled Water of the flowers of Garden Beans, is good to cleanse the Face and Skin from spots and wrinkles, and the meal or flour of them, or the small Bean, doth the same. The water distilled from the green Husks, is held to be very effectual against the stone, and to provoke Urine. Bean flour is used in Pulcisses to assuage Inflammations rising upon Wounds, and the swelling of Womens Breasts caused by the curdling of their milk, and represseth their milk: The flour of Beans and Fenugreek mixed with honey, and applied to Felons, Boyls, Bruises, or blue marks by blows, or the Imposthumes in the Kernels of the Ears, helpeth them all: And with Rose Leaves, Frankincense, and the white of an Egg being applied to the Eyes, helpeth them that are swoln, or do water, or have received any blow upon them, if used with Wine. If a Bean be parted in two, the skin being taken away, and laid on the place where a Leech hath been set that bleedeth too much, it stayeth the bleeding. Bean flour boyled to a Pultis with Wine and Vinegar, and some Oyl put thereto, ceaseth both pain and swelling of the Cods. The Husks boyled in Water to a consumption of a third part thereof, stayeth a Lask: and the ashes of the Husks made up with old Hogs Grease, helpeth the old pains, Contusions and Wounds of the Sinews, the Sciatica and Gout. The Field Beans have all the aforementioned Vertues as the Garden Beans.

Spots, Stone, Disury, Inflammations, Womens Breasts, Felons, or Andicoms, Boils, Bruises, Ears, Eyes.

Leeches,

Cods swelled, Flux, Pain, Sinews, Sciatica, Gout.

Beans eaten are extream windy meat; but if after the *Dutch* fashion, when they are half boyled you husk them, and then stew them (I cannot tell you how, for I never was Cook in all my life) they are wholesomer Food.

French Beans.

Discript.] THis *French* or Kidney Bean, ariseth up at first but with one stalk: which afterwards divideth it self into many arms

er Branches, but also weak, that if they be not sustained with sticks or poles, they will lie trailels upon the ground: at several places of these branches grow forth long foot-stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers flowers made like unto Peale Blossoms, of the same colour for the most part that the fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Cods, some crooked, some straight, with a string as it were running down the back thereof, wherein are contained flattish round fruit made to the fashion of a Kidney: the Root is long, spreadeth, with many strings annexed to it and perisheth every year.

There is also another sort of French Beans commonly growing with us in this Land, which is called the Scarlet flowred Bean.

This ariseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-stalks with three leaves on each, as on the other: The flowers also are in fashion like the other, but many more set together, and of a most Orient Scarlet colour. The Beans are larger than the ordinary kind, of a deep purple colour, turning black when it is ripe and dry: The Root perisheth also in winter.

Government and Vertues.] These also belong to Dame *Venus*, and being dried and beat to pouder, are as great strengtheners of the Kidneys as any are, neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the stone, or to cleanse the Kidneys of Gravel or stoppage. The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urin, enlarge the Breast that is straightned with shortness of Breath, engender Sperm, and incite to Venery. *Disury, Shortness of Breath, Incite to Venery,*

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being set neer a Quick-set Hedg, will bravely adorn the same by climing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go neer to kill the Quick-sets by cloathing them in Scarlet. *A gallant Show.*

Ladies Bed-straw.

BEsides the common name above-written, it is called Cheese-Renner, because it performs the same office; as also Gallion, Pettimugger and Maids-hair, and by some wild Rosemary.

Description.] *This riseth up with divers small, brown, and square upright stalks a yard high, or more, sometimes branched forth into divers parts, full of Joynts, and with divers very fine small Leaves at every one of them, little or nothing rough at all: At the tops of the Branches grow many long tufts or branches of yellow flowers very thick set together, from the several Joynts which consist of four Leaves a piece, which smell somewhat strong, but not unpleasant: The seed is small and black like Poppy seed; two*

for

for the most part joyned together: The Root is reddish, with many small strings fastned unto it, which take strong hold of the ground, and creepeth a little: And the branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is easily increased.

There is also another sort of Ladies Bed-straw growing frequently in England, which beareth white flowers, as the other doth yellow; but the branches of this are so weak, that unless it be sustained by the Hedges, or other things near which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not so plentiful as those; and the Root hereof is also thready, and abiding.

Place.] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

Time.] They flower in *May* for the most part, and the seed is ripe in *July* and *August*.

Government and Vertues.] They are both Herbs of *Venus*, and therefore strengthen the parts both internal and external which she rules. The Decoction of the former of these being drunk, is good to free and break the Stone, provokes Urine, stayeth inward bleedings, and healeth inward Wounds. The Herb or flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The flowers and Herbs being made into an Oyl, by being set in the Sun and changed after it hath stood ten or twelve dayes; or into an Oyntment, being boyled in *Axungia* or Sallet Oyl, with some Wax melted therein, after it is strained; either the Oyl made thereof, or the Oyntment, do help burnings with fire, or scaldings with water. The same also, or the Decoction of the Herb and Flower, is good to bath the feet of Travellers and Lacquies, whose long running, causeth weariness and stiffnesse in their sinews and joynts: If the Decoction be used warm, and the joynts afterwards anointed with the Oyntment, it helpeth the dry scab, and the Itch in Children: and the Herb with the white flower is also very good for the Sinews, Arteries, and Joynts, to comfort and strengthen them after travel, cold, and pains.

Stone, Dissury, Bleeding, Wounds, Burnings, Galled Feet, Weariness, Stiffness of Joynts, Scab, Itch.

Beets.

Descript.] OF Beets there are two sorts, which are best known generally, and whereof I shall principally treat at this time, *viz.* The *White* and *Red Beets*; and their Vertues.

The common *White Beet* hath many great leaves next the ground somewhat large, and of a whitish green colour: The stalk is great, strong, and ribbed, bearing great store of leaves upon it, almost to the very top of it: The flowers grow in very long tufts, small at the ends, and turning down their heads, which are small, pale, greenish, yellow Burs, giving cornered prickled seed. The Root is great, long and hard, and when it hath given seed, is of no use at all.

The

The Common Red Beet differeth not from the White, but only in its leaves, and the Leaves and the Roots are somewhat red: The Leaves are differently red, in some only with red strakes or veins; some of a fresh red, and others of a dark red. The Root hereof is red, spungy, and not used to be eaten.

Government and Vertues.] The Government of these two sorts of Beets are different; the red Beet being under *Saturn*, and the white under *Jupiter*, therefore take the Vertues of them apart, each by themself. The white Beet doth much loosen the belly, and is of a cleansing digesting quality, and provoketh Urine: The juyce of it openeth Obstructions both of the Liver and Spleen, and is good for the Head-ach and swimmings there- and turnings of the Brain; and is effectual also against all venomous Creatures: and applied upon the Temples, stayeth Inflamations of the Eyes; it helpeth burnings, being used without Oyl, and with a little Allum put to it is good for *St. Anthonies* fire. It is also good for all Whelks, Blisters, and Blains in the Skin: The Herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and the Vinegar, healeth the Itch, if bathed therewith; and cleanseth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting running Sores, Ulcers and Cankers in the Head, Legs or other parts, and much commended against Baldness and shedding of Hair.

Cleanseth, Digest, Dissolveth Obstructions of the Liver and Spleen, Vertigo, Venomous beasts, burnings, St. Anthonies fire, Wheals, Blisters, Chilblains, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldness.

The red Beet is good to stay the bloody flux, Womens Courses, and the Whites, and to help the yellow Indice. The juyce of the Root put into the Nostrils, openeth the Head, helpeth the noise in the Ears, and Tooth-ach; the Juyce snuffed up the Nose helps stinking breath, if the cause lies in the Nose, as sometimes it doth, if any bruise have been there, as also want of smell coming that way.

Flux, Terms stops, Whites, Stinking breath, noise in the Ears, Smell lost.

Water-Betony.

Called also *Broom-Wort*, and in *Yorkshire*, *Bishops Leaves*.

Descript.] First of the *Water-Betony*, which riseth up with square, greenish stalks, sometimes brown, set with broad, dark green Leaves, cut about the edges with notches, somewhat resembling the Leaves of Wood-Betony, but much larger, two for the most part set at a joynt. Flowers are many, set at the tops of the stalks and branches, being hood bellied, and open at the brims, and divided into two parts, the upper being like a hood, and the lowermost like a lip hanging down, of a dark colour, which passing away, there comes in their places small round heads, with small points in the ends, wherein lie small and brownish seeds: The Root is a thick bush of strings and shreds growing from the Head.

Place.

Place.] It groweth by Ditch-sides, Brooks, and other Water-courses generally through this Land, and is seldom found but from the Waters.

Time.] It flowereth about *July*, and the seed is ripe in *August*.

Government and Vertues.] Water-Betony is an Herb of *Jupiter*, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony which follows. It is an excellent Remedy for sick Hea

It is of a cleansing quality; the Leaves bruised and applied, effectual for all cold and filthy Ulcers; and especially if the Juyce of the Leaves be boyled with a little Honey, and dipped therein, and the Sores dressed therewith: as also Bruises, Bruises or Hurts whether inward or outward. The distilled Water of the Leaves is used for the same purposes: as also to be Sun-burnt face or hands spotted or blemished, or discoloured by burning.

I confess I do not much fancy distilled Waters, I mean Waters as are distilled cold; some Vertue of the Herb they may happ have (it were a strange thing else) but this I am confident of, that distilled in a Pewter Still, as the vulgar and apish fashion is, both Chy cal Oyl and Salt is left behind, unless you burn them, and then all is lost, Water and all, which was good for as little as can be by such a Di lation. You have the best way of Distillation in my *Translation* of *Londes Dispensatory*.

Wood-Betony.

Descript.] *Common or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the end, and finely dented about the edges, standing upon long Foot-stalks, from among which rise up small, square, slender, but yet upright hairy stalks with some Leaves thereon, two at a Joynt, smaller than the lower, whereon are set several spiked Heads of flowers like Lavender, but thicker and shorter for the most part, of a reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, blackish, somewhat long and uneven. The Roots are many white thready strings; the stalk perisheth, but the Roots with some Leaves thereon, abide all the winter. The whole Plant is somewhat small.*

Place.] It groweth frequently in Woods, and delighteth in shady pla

Time.] And it floweth in *July*, after which the Seed is quickly ripe in its prime in *May*.

Government and Vertues.] The Herb is appropriated to the Planet *Jupiter*, and the Sign *Aries*. *Antonius Musa*, Physitian to the Emperour *Augustus Cæsar*, wrote a peculiar Book of the Vertues of this Herb; and amongst many Vertues, saith of it, That it preserveth the Liver and

Epidemical Diseases, Witchcraft, Appetite, Indigestio

dies of men from the danger of Epidemical Diseases, and from Witchcrafts also. It is found by daily experience to be good for many Diseases. It helpeth those that loath, or cannot digest their meat, those that have weak stomachs, or sour belchings, or continual rising in their stomach, using it familiarly either green or dry; either the Herb, or Root, or the flowers in Broth Drink, or Meat, or made in Conserve, Syrups, Water, Electuary, or Powder, as every one may best frame themselves unto, or as the time of season requireth, taken any of the aforesaid ways, it helpeth the Jaundice, Falling-sickness, the Palsie, Convulsion, or shrinking of the Sinews, the Gout, and those that are inclined to Dropsies, those that have continual pains in their Head, although it turn to Phrensie. The Powder mixed with pure Honey is no less available for all sorts of Coughs and Colds, Wheesing, or shortness of Breath, Distillations of thin Rheum upon the Lungs, which causeth Consumptions. The Decoction made with Mead and a little Penyroyal, is good for those that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to drive down and evacuate the blood and humours that by falling into the Eyes, doth hinder the sight: The Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth Obstructions both of the Spleen and Liver, cureth Stitches and pains in the Back or Sides, the torments and griping pains of the bowels, and the Wind Cholick: and used with Honey purgeth the belly, helpeth to bring down Womens Courses, and is of especial use for those that are troubled with the falling down of the Mother, and pains thereof, and causeth an easie and speedy delivery of Women in Child-birth: it helpeth also to break and expel the stone either in the Bladder or Kidneys. The Decoction with Vine, gargled in the Mouth, easeth the Tooth-ach. It is commended against the stinging or biting of Venomous Serpents or Mad-Dogs, being used inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in some Vinegar, doth wonderfully refresh those that are over-wearied by Travel; it stayeth bleeding at the Mouth or Nose, and helpeth those that pisse or spit blood, and those that are bursten or have Rupture, and is good for such as are bruised by any fall, or otherwise. The green Herb bruised, or the Juyce applied to any inward hurt, or outward green Wound in the Head or Body, will quickly heal and close it up; also any Veins or Sinews that are cut; and will draw forth any broken bone, or Splinter, Thorn, or other thing gotten into the flesh: It is no lesse profitable for old sores, or filthy Ulcers, yea, though they be sinuous and hollow, but some do advise to put a little salt to this purpose: Being applied

Neck, Sickness, Jaundice, Falling-sickness, Palsie, Convulsion, or shrinking of all sorts, Sore Eyes, Worms, Obstructions of the Liver and Spleen, Stitche, Pains in the Back and Belly, Terms provoked, Mother, Child-birth, Stone, Toothach, Venomous Beasts, mad Dogs, weariness, Bleeding at Mouth & Nose, Pissing, or Spitting of Blood, Rupture, Bruises, Wounds, Ulcers, Fistulaes, Piles, Ears.

XUM

applied with a little Hogs Lard, it helpeth a Plague-sore, and other Sores and Pushes: The fumes of the Decoction while it is warm, received through a funnel into the Ears, easeth the pains of them, destroyeth the Worms, and cureth the running sores in them: The Juyce dropped into them, doth the same. The Roots of Betony is displeasing both to the taste and stomach, whereas the Leaves and Flowers by their sweet and spicy taste, are comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Musa* an expert Physician (for it was not the practice of *Octavius Cæsar* to keep Fools about him) appropriates to Betony; it is a very precious Herb, that's certain, and worthy to be kept in a mans house both in Syrup, Conserve, Oyl, Oynt. and Plaister. The Flowers are usually Conserved.

The Beech-Tree.

IN treating of this Tree, you must understand that I mean the great Beech, which is by way of distinction from that other small rough called in *Sussex*, the small Beech; but in *Essex*, Hornbeam.

I suppose it needless to describe it, being already so well known to Country-men.

Place. It groweth in Woods amongst Oaks and other Trees, and in Parks, Forrests and Chases to feed Deer; and in other places to fatten Swine.

Time. It bloometh in the end of *April*, or beginning of *May* for the most part, and the fruit is ripe in *September*.

Government and Vertues. It is a Plant of *Saturn*, and therefore performeth his qualities and properties in these operations: The leaves

Cools, Binds, Hot swellings, Scurf, Scabs, Tetters, of the Beech-Tree are cooling and binding, and therefore good to be applied to hot swellings to discuss them: Nuts do much nourish such Beasts that feed thereon. Water that is found in the hollow places of decaying Beeches, will cure both Man and Beast of any Scurf, Scabs, running Tetters, if they be washed therewith. You may boyl the leaves to a Pultis, or make an Oyntment of them, when time of year serves.

Bilberries; *called also by some,* Whorts, *and* Whortle-Berries.

Description. OF these, I shall only speak of two sorts, which are common in England, viz. The Black, and Red Bilberries.

First of the Black.

This small Bush creepeth along upon the ground, scarce rising half a foot high, with divers small dark green Leaves set on the green branches, one always against another, and a little dented about the edges: At the tops of the Leaves come forth small, hollow, pale, bluish coloured flowers, brims ending in five points, with a reddish thred in the middle, which passe into small round berries of the bigness and colour of Juniper berries, of a purple sweetish sharp taste; the Juyce of them giveth a purplish

ecoction of the Herb, or by the Powder of the Herb or Root, or the Wa
of the distilled Herb, or Ointment by it self, or with other things to be
t. The Seed is also no less effectual both to stop Fluxes, and dry up
oist Sores, being taken in Powder inwardly in Wine or steeled Water,
at is, wherein hot Gads of Steel have been quenched. Or the Powder of
e Seed mixed with the Ointments.

The Butter-Bur, or Petasitis.

Descript. *This riseth up in February, with a thick stalk about a foot high, whereon are set a few small Leaves, or rather pieces, and at the tops, a long spiked head of Flowers, of a blush or deep red colour, according to the Soil wherein it groweth: and before the stalk with the flowers have abiden a moneth above ground, it will be withered and gone, blown away with the wind: and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thick, and almost round, whose thick and footstalks, about a foot long, stand towards the middle of the Leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much greater, blackish on the outside, and whitish within, of a bitter and unpleasant taste.*

Place and Time. They grow in low and wet Grounds by Rivers and Waters-sides. Their flowers (as is said) rising and decaying in *February* and *March*, before the Leaves, which appear in *April*.

Government and Vertues. It is under the Dominion of the *Sun*, and therefore is a great strengthener of the Heart, and cheerer of the vital Spirits. The Roots hereof are by long Experience found to be very available against the Plague, and pestilential Feavers, by provoking Sweat: if the Powder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good for those that wheeze much, or are short-winded. It provoketh Urine and Womens Courses, and killeth the flat and broad worms in the Belly. The powder of the Root doth wonderfully help to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the Skin. It were well if Gentlewomen would keep this Root preserved to help their poor Neighbours. *It is fit the Rich should help the Poor, for the Poor cannot help themselves.*

Plague, Epidemical Diseases, Poyson, Mother, wheezing, difficulty of Breathing, Dissury, Terms provokes, flat and broad worms, Blemishes of the Skin.

The Bur-Dock.

THey are also called Personata Bardana, and Lappa Major, great Bur, Bur-dock, and Clot-Bur. It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one another, that I shall need give any Description of it.

Place. They grow plentifully by Ditches, and Water sides, and by the High-waies, almost every where through this Land.

Government and Vertues. *Venus* challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it fall out; or downwards in fits of the Mother, by applying it to the soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guide for Women*. The Burr-leaves are cooling, moderately drying, and discussing withal, whereby it is good for old Ulcers and Sores. A dram of the Roots taken with Pine Kernels, helpeth them that spit foul, mattery and bloody flegm.

Colds, The Leaves applied on the places troubled with the shrinking of
Drieś, the Sinews or Arteries, give much ease. The juice of the Leaves
Ulcers, or rather the Roots themselves given to drink with old Wine
Sores, doth wonderfully help the bitings of any serpents: And the root
Flegm, beaten with a little salt, and laid on the place, suddenly easeth
Sinews, the pain thereof, and helpeth those that are bit with a mad Dog.
Arteries, The Juice of the Leaves taken with Honey, provoketh Urin, and
Venomous remedieth the pain of the Bladder. The seed being drunk in
Beasts, Wine forty daies together, doth wonderfully help the Sciatica
mad Dogs, The Leaves bruised with the White of an Egg, and applied to
Dissy, any place burnt with fire, taketh out the fire, gives sudden ease
Bladder, and heals it up afterwards. The Decoction of them fomented on
Sciatica, any fretting sore or Canker, stayeth the corroding quality, which
Burning, must be afterwards anointed with an Ointment made of the
Sores, same Liquor, Hogs grease, Nitre and Vinegar boyled together.
Cankers, The Roots may be preserved with sugar, and taken fasting, or at
Consump- other times for the said purposes, and for Consumptions, the
tion, stone, and the lask. The seed is much commended to break the
Stone, stone, and causes it to be expelled by urine, and is often used
Flux. with other seeds, and things to that purpose.

Cabbages and Coleworts.

I Shall spare a labour in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledg, they being generally so well known, that Descriptions are altogether needless.

Place. These are generally planted in Gardens.

Time. Their flowring time is towards the middle or end of *July*, and the seed is ripe in *August*.

Government and Vertues. The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The juice thereof drunk in Wine, helpeth those that are
Venomous bitten by an Adder, and the Decoction of the Flowers bringeth
Beasts, down Womens Courses. Being taken with honey, it recovereth
Hoarseness Hoarsness or loss of the voice. The often eating of them
provokes boyled, helpeth those that are entring into a Consumption. The
Hoarseness.

Pulp of the middle Ribs of Colewort boyled in Almond-milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are pursie and short winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and obstructions of the Liver and Spleen, and the stone in the Kidneys. The Juyce boyled with Hony, and dropped into the corner of the Eye, cleareth the sight by consuming any film or cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended being eaten before meat to keep one from surfeiting, as also from being drunk with too much Wine, or quickly make a man sober again that is drunk before. For (as they say) there is such an *Antipathy* or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Colewort taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humours are fallen, the place being bathed therewith warm: It helpeth also old and filthy sores being bathed therewith, and healeth all small scabs, pushes and wheals that break out in the skin. The ashes of Colewort stalks mixed with old Hogs grease, are very effectual to anoint the sides of those that have had long pains therein, or any other place pained with Melancholly and windy Humors. This was surely *Chrysippus* his God, and therefore he wrote a whole Volume of them and their Vertues, and that none of the least neither, for he would be no small Fool, he appropriates them to every part of the Body, and to every Disease in every part: And honest old *Cato* (they say) used no other Physick. I know not what Metals their Bodies were made of; this I am sure, Cabbages are extreme windy, whether you take them as Meat or as Medicine, yea as windy meat as can be eaten, unless you eat Bagpipes or Bellows, and they are but seldome eaten in our daies, and Colewort-flowers are something more tolerable, and the wholsomer food of the two. The *Moon* challengeth the Dominion of the Herb.

Consumption. Obstructions. Stone, Sight, Canker, Surfeits, Swellings, Gout, Sores, Scabs, Wheals, Melancholly wind.

The Sea Colewort.

Descript. *This hath divers somewhat long and broad, large, thick, wrinkled Leaves, somewhat crumpled upon the edges, growing each upon a several thick Foot-stalk very brittle, of a grayish green colour. From among which riseth up a strong thick stalk two foot high, and bitter, with some Leaves thereon to the top, where it branches forth much; and on every Branch standeth a large bush of pale whitish flowers, consisting of four Leaves a-piece: The Root is somewhat great, and shooteth forth many branches under ground, keeping the green Leaves all the winter.*

Place. They grow in many places upon the Sea Coasts, as well on the Kentish as *Essex* shores; as at *Lid* in *Kent*, *Colchester* in *Essex*, and divers other places, and in other Countreys of this Land.

Time. They flower and seed about the time that other kinds do.

Government and Vertues. The *Moon* claims the Dominion of this

also. The Broth, or first Decoction of the Sea-Cole-wort, d
Sores, Wounds, Ulcers, Swellings, Inflammations. by the sharp, nitrous, and bitter qualities therein, open the b
ly, and purge the body, it cleanseth and digesteth more pow
fully than the other kind. The Seed hereof bruised and dru
killeth Worms. The Leaves or the Juice of them applied
Sores or Ulcers cleanseth and healeth them, and dissolveth Sw
lings, and taketh away Inflammations.

Calamint, *or* Mountain-Mint.

Descript. *This is a small Herb, seldome rising above a foot high, with squ
bony, and woody stalks, and two small hoary Leaves set a
joynt, about the bigness of Majoram, or not much bigger, a little dented ab
the edges, and of a very fierce or quick scent, as the whole Herb is. The Flo
ers stand at several spaces of the stalks, from the middle almost upwards, wh
are small and gaping like to those of Munts, and of a pale bluish colour: after wh
follow small, round, blackish seeds. The Root is small and woody, with div
small sprigs spreading within the ground, and dieth not, but abideth m
years.*

Place. It groweth on Heaths, and upland dry grounds, in many place
this Land.

Time. They flower in *July*, and their Seed is ripe quickly after.

Government and Vertues. It is an Herb of *Mercury*, and a strong
top, therefore excellent good in all afflictions of the Br
Terms provokes, Disswy, Ruptures, Convulsions, Cramps, shortness of Breath, Jaundice, Vomiting, Worm, Leprosie, Scabs, black and blue Marks, Scar, Scirrhus, Obstructions of the Liver and Spleen, Tertian Ague, Liver and Spleen, Sugar the Decoction of the Herb being drunk, bringeth down W
mens Courses, and provoketh Urine. It is profitable for th
that are bursten, or troubled with Convulsions or Cramps, w
shortness of Breath, or Cholerick torments and pains in th
Bellies or Stomachs. It also helpeth the yellow Jaundice, a
stayeth Vomiting, being taken in Wine: taken with Salt
Honey, it killeth all manner of Worms in the Body. It helpe
such as have the Leprosie, either taken inwardly, drini
Whey after it, or the green Herb outwardly applied. It h
dereth Conception in Women. But either burned or strew
in the Chamber, it driveth away venomous Serpents. It ta
away black and blue marks in the Face, and maketh black Sc
become well coloured, if the green Herb (not the dry)
boyled in Wine, and laid to the place, or the Palate wa
therewith. Being appl ed to the Huckleboue, by continuance
time it spendeth the humors which cause the pain of the Sc
tica. The Juice being dropped into the Ears, killeth the Wor
in them. The Leaves boyled in Wine, and drunk, provoke we
and open Obstructions of the Liver and Spleen. It help
drunk that have a Tertian Ague (the body being first purg
by taking away the cold Fits. The Decoction hereof with S
Sugar put thereto effectually cureth the Yellow Jaundice, and
more troubled with the overflowing of the Gall, is that is
ellow.

old Cough, and that are scarce able to breath by the shortness of their wind. That have any cold distemper in their Bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the Powder called *Diacalaminthes*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual. Let not Women be too busie with it, for it works very violently upon the Feminine part.

Tertian
Agues,
Gall,
Cough,
Bowels,
Spleen.

Chamomel.

IT is so well known every where, that it is but lost time and labour to describe it. The Vertues thereof are as followeth.

A Decoction made of Chamomel, and drunk, taketh away all pains and stitches in the sides. The Flowers of Chamomel beaten, and made up into Balls with Oyl, drive away all sorts of Agues, if the party grieved be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterward laid to sweat in his bed, and that he sweat well. This is *Nicheffor* an Egyptians Medicine. It is profitable for all sorts of Agues that come either from Flegm or Melancholly, or from an Inflammation of the Bowels, being applied when the humors causing them shall be concocted; and there is nothing more profitable to the sides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel, taketh away wearines, easeth pains to what part of the body soever they be applied. It comforteth the Sinews that are over-strained, mollifieth all Swellings: it moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth all the pains of the Cholick and Stone, and all pains and torments of the Belly, and gently provoketh Urine. The Flowers boyled in Posset-drink provoke Sweat, and help to expel Colds, Aches and Pains whatsoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juice of Chamomel with the Flowers and white Wine, is a Remedy against the Jaundice and Dropsie. The Flowers boyled in Lye, are good to wash the Head, and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel, is much used against all hard Swellings, Pains or Aches, shrinking of the Sinews, or Cramps, or pains in the Joynts, or any other part of the body. Being used in Clysters, it helps to dissolve wind and pains in the Belly: anointed also, it helpeth stitches and pains in the sides.

Stitches in the side,
Agues,
Liver,
Spleen,
Weakness,
Sinews,
Swellings,
Cholick,
Stone,
Belly-ach,
Cold, Ach,
Jaundice,
Dropsie,
Brain,
Cramp,
Stitch in the side.

Nicheffor saith, the Egyptians dedicated it to the *Sun*, because it cured Agues; and they were like enough to do it, for they were the arrantest Apes in their Religion that ever I read of. *Bacchius*, *Penis*, and *Libel* commend the Syrup made of the Juice of it and sugar taken inwardly, to be excellent for the Spleen. Also this is certain, that it most wonderfully breaks the stone:

stone: some take it in Syrup or Decoction, others inject the juyce of it into the Bladder with a Syringe; my opinion is, That the Salt of it taken half a dram in the morning in a little White or Rhenish Wine, is better than either, that it is excellent for the stone, appears in this, which I have seen tried, *viz.* That a stone that hath been taken out of the body of a man being wrapped in Chamomel, will in time dissolve, and in a little time too.

Water Caltrops.

THey are called also, *Tribulus Aquaticus, Tribulus Lacustris,* and *Tribulus Marinus, Caltrops, Saligot, water Nuts,* and *water Chesnuts.*

Descript. *As for the greater sort, or* Water Caltrop, *it is not found here, or very rarely. Two other sorts there are, which I shall here describe. The first hath a long, creeping, and jointed Root, sending forth tufts at each joint, from which joints arise long, flat, slender, knotted stalks, even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn, the flowers are long, thick and whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp pointed grains altogether, containing small white Kernel in them.*

The second differs not much from this, save that it delights in more cleer water; its stalks are not flat, but round; its Leaves are not so long, but more pointed: as for the place we need not determine, for their name sheweth that they grow in the water.

Government and Vertues. They are under the Dominion of the *Moon,* and being made into a Pultis, is excellent good for hot Inflammations, and swellings, cankers, sores in mouths and throats, being washed with the Decoction, it cleanseth and strengtheneth the neck and throat much, and helps those swellings, which when people have, they say the Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings-Evil; they are excellent good for the stone and gravel, especially the Nuts being dried; they also resist poyson, and bitings of venomous Beasts.

Inflammations, Cankers, mouth, throat, Gums, Almonds of the Ears, Kings-Evil, Stone, Gravel, Venomous Beasts, Poyson.

Campions Wild.

Descript. THe *wild white Campion hath many long, and somewhat broad dark green Leaves lying upon the ground, with divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long. The hairy stalks rise up in the middle of them three or four foot high, sometimes more, with divers great white joynts at several places the one from two such like Leaves there set up to the top, sending forth branches at several joynts also; all which bear on several footstalks white flowers at the top of them, consisting of five broad pointed Leaves, every one cut in on the end*

to the middle, making them seem to be two apiece, smelling somewhat sweet and each of them standing in large green striped hairy Husks, large and round below next to the stalk: The seed is small and grayish in the hard Heads that come up afterwards: The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling. The Flowers are of the same form and bigness; but in some of a pale, in others of a bright red colour, cut in at the ends more finely, which maketh the Leaves seem more in number than the other. The Seed and the Roots are alike. The Roots of both sorts abiding many years.

There are forty five kinds of Campions more; those of them which are of Physical uses having the like vertues with these above described, which I take to be the two chiefest kinds.

Place. They grow commonly through this Land by Fields, Hedge-sides, and Ditches.

Time. They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues. They belong unto *Saturn*, and it is found by experience that the Decoction of the Herb, either in White or Red being drunk, doth stay inward bleedings; and applied outwardly it doth the like: and being drunk, helpeth to expel the Urine being stopt, and Gravel or the Stone in the Reins or Kidneys. Two drams of the seed drunk in Wine, purgeth the Body of Cholerick Humors, and helpeth those that are stung by Scorpions, or other venomous Beasts; and may be as effectual for the Plague: It is of very good use in old Sores, Ulcers, Cankers, Fistulaes, & the like, to cleanse and heal them, by consuming the moist Humors falling into them, and correcting the putrifaction of Humors offending them.

Bleeding inward and outward, Dissury, Gravel, Choler, venomous Beasts, Plague, Sores, Ulcers, Cankers, Fistulae.

Carduus Benedictus.

IT is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the Name was put upon it by some that had little holiness in themselves.

I shall spare a labour in writing a Description of this, such almost every one that can but write at all, may describe them for his own knowledge.

Place. It groweth plentifully in Gardens.

Time. They flower in *August*, and seed not long after.

Government and Vertues. It is an Herb of *Mars*, and under the Sign *Aries*. Now in handling this Herb, I shall give you a Rational Pattern of all the rest; and if you please to view them throughout the Book you shall to your content find it true. It helps swimmings and giddiness of the Head, or the Disease called Vertigo, because *Aries* is in the House of *Mars*. It is an excellent Remedy against the yel-

Vertigo, Yell. Jaund.

low

Attractive faculty, tetters, Ring-worms, plague-ſores, Boyls, Itch, mad Dogs, venomous beaſts.

low Jaundice, and other Infirmities of the Gall, becauſe *Mars* governs Choler. It ſtrengthens the attractive faculty in man, and clarifies the blood, becauſe the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetters and Ring-worms, becauſe *Mars* cauſeth them. It helps Plague-ſores, Boyls, and Itch, the biting of mad Dogs, and venomous Beaſts, all which infirmities are under *Mars*. Thus you ſee what it doth by Sympathy.

French Pox, ſtrengthens memory, deafneſs, quartan agues, aduſt choler, Urine.

By Antipathy to other Planets, It cures the French Pox by Antipathy to *Venus* who governs it. It ſtrengthens the Memory, and cures Deafneſs by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. It cures Quartan Agues, and other Diſeaſes of melancholly and adуſt Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Alſo it provokes Urine, the ſtopping of which is uſually cauſed by *Mars*, or the *Moon*.

Carrots.

GArden Carrots are ſo well known that they need no Deſcription; but becauſe they are of leſs Phyſical uſe than the wild kind (as indeed almoſt in all Herbs, the Wild are moſt effectual in Phyſick, as being more powerful in operation than the Garden kinds) I ſhall therefore briefly deſcribe the wild Carrot.

Deſcription. *It groweth in a manner altogether like the Tame, but that the Leaves and Stalks are ſomewhat whiter and rougher: The Stalks bear large tufts of white flowers, with a deep purple ſpot in the middle, which are cauſed to gather when the Seed begins to ripen, that the middle part being hollow and low, and the outward ſtalks riſing high, maketh the whole umbel to ſhew like a Birds neſt. The Root is ſmall, long, and hard, unfit for meat, being ſomewhat ſharp and ſtrong.*

Place. The Wild kind groweth in divers parts of this Land plentifully by the Fields ſides, and in untilled places.

Time. They flower and ſeed in the end of Summer.

Government and Vertues. Wild Carrots belong to *Mercury*, and therefore break Wind, and remove ſtitches in the ſides, provoke Urine, and Womens Courſes, and helpeth to break and expel the Stone: The ſeed alſo of the ſame worketh the like effect, and is good for the Dropſie, and thoſe whoſe Bellies are ſwollen with wind; helpeth the Cholick, the ſtone in the Kidneys and the riſing of the Mother, being taken in Wine, or boyled in Wine and taken, it helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers, do cleanſe them.

Wind, Stitches, provokes Urine and the terms, Stone, Dropſie, Cholick, Barrenneſs, &c.

I ſuppoſe the Seeds of them perform this better than the Roots; And though *Gales* commend Garden Carrots highly

to break wind; yet experience teacheth that they breed it first, and we may thank Nature for expelling it, not they: The seeds of them expel wind indeed, and so mend what the Root marreth.

Caraway.

Descript. *It beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Carrots, but not bushing so thick, of a little quick taste in them, from among which riseth up a square stalk, not so high as the Carrot, at whose joynts are set the like Leaves, but smaller and fitter, and at the top small open tufts or umbels of white flowers, which turn into small blackish seed, smaller than the Anis-seed, and of a quicker and better taste. The Root is whitish, small, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than the Parsnip, and abideth after seed-time.*

Place. It is usually sown with us in Gardens.

Time. They flower in *June* and *July*, and seed quickly after.

Government and Vertues. This is also a Mercurial Plant. *Caraway* seed hath a moderate sharp quality, whereby it breaketh wind, and provoketh Urine, which also the Herb doth. The Root is better food than the Parsnip, and is pleasant and comfortable to the stomach, helping digestion: The seed is conducing to all the cold griefs of the head and stomach, the Bowels, or Mother, as also the wind in them, and helpeth to sharpen the Eye-sight. The powder of the seed put into a Pultis, taketh away black and blue spots of blows and bruises. The Herb it self, or with some of the seed bruised and fryed, laid hot in a bag or double cloth, to the lower parts of the Belly, easeth the pains of the Wind-Cholick.

Wind, Dissury, Indigestion, Head, Stomach, Bowels, Mother, Black and blue spots, Bruises, Cholick.

The Roots of Carawaies eaten as men eat Parsnips, strengthen the stomachs of antient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Caraway Confects, once only dipped in sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable remedy for those that are troubled with wind.

Celandine.

Descript. *This hath divers tender, round, whitish, green stalks, with greater joynts than ordinary in other Herbs, as it were Knees, very brittle and taste to break, from which grow Branches with large, tender, long Leaves, much divided into many parts, each of them cut in on the edges, set at the joynts on both sides of the Branches, of a dark blewish green colour, on the upper side like* Columbines, *and of a more pale blewish green underneath, full of a yellow sap, when any part is broken, of a bitter taste, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow flowers of four Leaves apiece, after which come small long*

Pod,

Pods with blackish seeds therein. The Root is somewhat great at the head, shooting forth divers long Roots, and small strings, reddish on the out-side, and yellow within, full of a yellow sap therein.

Place. It groweth in many places by old Walls, by the Hedges and way sides in untilled places; and being once planted in a Garden, especially in some shady places, it will remain there.

Time. They flower all the Summer long, and the seed ripeneth in the mean time.

Government and Vertues. This is an Herb of the *Sun*, and under the Cœlestial *Lion*, and is one of the best Cures for the Eyes that is. All that know any thing in Astrologie, know as well as I can tell them, That the Eyes are subject to the *Luminaries*; let it then be gathered when the *Sun* is in *Leo*, and the *Moon* in *Aries* applying to his Trine: let *Leo* arise, then may you make it into an Oil or Ointment which you please to anoint your sore Eyes withal; I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine; And then, I pray, is not this far better than endangering the Eyes by the art of the Needle? for if this do not absolutely take away the Film, it will so facilitate the work, that it may be done without danger. The Herb or Roots boyled in White-Wine and drunk, a few Anniseeds being boyled therewith, openeth Obstructions of the Liver and Gall, helpeth the yellow Jaundice; and often using it, helps the Dropsie and the Itch, and those that have old sores in their Legs, or other parts of the Body. The juyce thereof taken fasting, is held to be of singular good use against the Pestilence: The distilled Water with a little sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The juyce dropped into the Eyes cleanseth them from films and cloudiness which darken the sight, but it is best to allay the sharpness of the juyce with a little Brest-milk: It is good in old filthy, corroding, creeping Ulcers wheresoever, to stay their malignity of fretting & running, and to cause them to heal the more speedily: The juyce often applied to Tetters, Ring-worms, or other such like spreading Cancers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruised and heated with Oil of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens brests, stayeth the over-much flowing of their Courses. The Juice or Decoction of the Herb gargled between the Teeth that ake, easeth the pain; and the powder of the dried Root laid upon an aking, hollow, or loose tooth, will cause it to fall out. The juice mixed with some powder of Brimstone, is not only good against the Itch, but taketh away all discolourings of the Skin whatsoever: And if it chance that in a tender

Obstructions of the Liver and Gall, Yellow-Jaundice Dropsie, Pestilence, Eyes, Ulcers, Tetters, Ring-worms, Cancers, Warts, Belly, Bowels, Mother, Worms, Termes, Stops, Tooth-ach, Teeth, Beauty lost.

Bo

Body it causeth any Itching or Inflammation, by bathing the place with a little Vinegar it is helped.

Another ill-favour'd trick have Physitians got to use to the Eye, and that is worse than the Needle; which is, To eat away Films by corroding or gnawing Medicines. This I absolutely protest against.

1. Because the Tunicles of the Eye are very thin, and therefore soon eaten asunder.

2. The *callus* or Film that they would eat away, is seldome of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the Film be consumed in another, and so be a readier way to extinguish the sight, than to restore it.

It is called *Chelidonium* from the Greek word χελιδὼν, which signifies a Swallow, because they say, That if you prick out the Eyes of young Swallows when they are in the Nest, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, That if you mist the very Apple of their Eyes with a Needle, she shall recover them again, but whether with this Herb or not, I know not.

Also I have read (and it seems to me somewhat probable) That the Herb being gathered as I shewed before, and the Elements drawn apart from it by the Art of the Alchymist, and after they are drawn apart, rectified, the earthy quality still in rectifying them, added to the *Terra damnata*. (as Alchymists call it) or *Terra sacratissima* (as some Philosophers call it.) The Elements so rectified are sufficient for the Cure of all Diseases, the humour offending being known, and the contrary Element given: It is an Experience worth the trying, and can do no harm.

The lesser Celandine, *usually known by the name of* Pile-wort, *and* Figwort.

I Wonder what ailed the Antients to give this name of *Celandine*, which resembles it neither in nature nor form: It acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I set it down at all, I humour'd Dr. *Tradition* so much as to set it down here.

Description. *This* Celandine *then, or* Pilewort *(which you please) doth spread many round pale green Leaves, set on weak and trailing branches, which lye upon the ground, and are fat, smooth, and somewhat shining, and in some places (though seldome) marked with black spots, each standing on a long Footstalk, among which rise small yellow flowers, consisting of nine or ten small narrow Leaves, upon sleader Footstalks very like unto a Crows foot, whereunto the seed also is not unlike, being many small ones set together upon a head. The Root is made of many small Kernels like a grain of corn, some twice as long as others, of a whitish colour, with some fibres at the end of them.*

Place. It groweth for the most part in moist corners of Fields, and places that are neer Water-sides, yet will abide in dryer grounds, if they be but a little shadowed.

Time. It flowreth betimes about *March* or *April*, is quite gone in *May*, so as it cannot be found until it spring again. *Gower.*

Government and Vertues. It is under the Dominion of *Mars*: and behold here another Verification of that Learning of the Antients, viz. That the Vertue of an Herb may be known by its signature, as plainly appears in this; for if you dig up the Root of it, you shall perceive the perfect image of that Disease which they commonly call the Piles. It is certain by good experience, That the Decoction of the Leave and Roots doth wonderfully help the Piles and Hemorrhoids, as also Kernels by the Ears and Throat, called the Kings-Evil, or any other hard Wens or Tumors.

Hemorrhoids, Kings-Evil.

Here's another Secret for my Countrey Men and Women, a couple of them together: Pilewort made into an Oyl, Ointment, or Plaister readily cures both the Piles or Hemorrhoids, and the Kings-Evil: The very Herb born about one's Body next the skin, helps in such Diseases, though it never touch the place grieved: set good people make much of it for these ules, with this I cured my own Daughter of the Kings-Evil, broke the Sore, drew out a quarter of a pint of Corruption, cured it without any Scar at all, and in one Weeks time.

The Ordinary small Centaury.

Descript. *This groweth up most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth at the top into many sprigs, and some also from the joynts of the stalk below: The flowers that stand at the tops as it were in an umbel or tuft, are of a pale red, tending to a carnation colour, consisting of five, sometimes six small Leaves, very like those of St. Johns wort, opening themselves in the day time, and closing at night, after which come seed in little short Husks, in form like unto wheat Corn: The Leaves are small and somewhat round. The Root small and hard, perishing every year. The whole Plant is of an exceeding bitter taste.*

There is another sort in all things like the former, save only it beareth white Flowers.

Place. They grow ordinarily in Fields, Pastures and Woods; but that with the white Flowers, not so frequently as the other.

Time. They flower in *July*, or thereabouts, and seed within a Moneth after.

Government and Vertues. They are all under the Dominion of the *Sun*, as appears in that their flowers open and shut as the Sun either sheweth or hideth his face. This Herb boyled and drunk, purgeth Cholerick and grosse Humors, and helpeth the Sciatica: It openeth Obstructions of the Liver, Gall, and Spleen, helping the Jaundice, and easing the pains in the sides, and hardness of the Spleen, used outwardly, and is given with very good effect in Agues: It helpeth those that have the Dropsie, or the green-sickness, being much used by the Italians in powder for that purpose. It killeth the Worms in the Belly, as is found by experience.

Choler, Sciatica, Obstructions, Liver, Gall, Spleen, Agues, Dropsie.

rience. The Decoction thereof (*viz.*) the tops of the ſtalks with the Leaves and flowers, is good againſt the Cholick, and to bring downe Womens Courſes, helpeth to avoid the dead birth, and eaſeth pains of the Mother, and is very effectual in all old pains of the Joynts, as the Gout, Cramps, or Convulſions. A dram of the powder thereof taken in Wine, is a wonderful good help againſt the biting and poyſon of an Adder. The Juice of the Herb with a little honey put to it, is good to clear the Eyes, from dimneſs, miſts, and clouds that offend or hinder the ſight: It is ſingular good both for green and freſh wounds, as alſo for old Ulcers and Sores, to cloſe up the one, and cleanſe the other, and perfectly to cure them both, although they be hollow or fiſtulous: the green Herb eſpecially being bruiſed, and laid thereto. The Decoction thereof dropped into the Ears, cleanſeth them from Worms, cleanſeth the foul Ulcers, and ſpreading Scabs of the Head, and taketh away all Freckles, Spots, and Marks in the Skin, being waſhed therewith. The Herb is ſo ſafe you cannot fail in the uſing of it, only give it inwardly for inward Diſeaſes: uſe it outwardly for outward Diſeaſes: 'Tis very wholſome, but not very toothſome.

green Sickneſs, Cholick, Terms provokes, Joynts, Gout, Sciatica, Cramp, Convulſion, venomous beaſts, Eyes, wounds, ulcers, Ears, Scabs, head, Freckles, Spots.

There is beſides theſe another ſmall *Centaury*, which beareth a yellow flower, in all other reſpects it is like the former, ſave that the leaves are bigger, and of a darker green, and the ſtalk paſſeth through the midſt of them, as it doth in the Herb *Thorowax*. They are all of them, as I told you, under the Dominion of the *Sun*, yet this, if you obſerve it, you ſhall find an excellent truth; In Diſeaſes of Blood, uſe the red Centaury; if of Choler, uſe the yellow; but if of flegm or water, you will find the white beſt.

The Cherry-Tree.

I ſuppoſe there are few but know this Tree, for his Fruits ſake, and therefore I ſhall ſpare writing a Deſcription thereof.

Place. For the place of its growth, it is afforded room in every Orchard.

Government and Vertues. It is a Tree of *Venus*. Cherries, as they are of different taſtes, ſo they are of divers qualities: The ſweet paſs through the ſtomach and belly more ſpeedily, but are of little nouriſhment; The tart or ſour, are more pleaſing to an hot ſtomach, procuring Appetite to Meat, and help to eat tough flegm, and groſs Humors: but when theſe are dried, they are more binding the Belly than when they are freſh, being cooling in hot Diſeaſes, and welcome to the ſtomach, and provoke urine. The Gum of the Cherry-tree diſſolved in Wine, is good for a cold Cough, and hoarſneſs of the Throat, mendeth the colour in the Face, ſharpneth the Eye-ſight, provoketh Appetite, and helpeth to break and expel the Stone: The black Cherries bruiſed with the ſtones, and diſſolved, the Water thereof is much uſed to break the ſtone, expel Gravel and Wind.

Appetite loſt, flegm. Groſs humors, cool, provoke urine, Cough, Hoarſneſs, Sight, Gravel, Wind.

WINTER-

Winter Cherries.

Descript. The Winter Cherry hath a running or creeping Root in the ground, of the bigness many times of one little finger, shooting forth at several joints in several places, whereby it quickly spreadeth a great compass of ground: The stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade, but larger; at the joints whereof come forth whitish flowers made of five Leaves apiece, which after turn into green Berries, enclosed with thin skins, which change to be reddish when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year, to be used upon occasion.

Place. They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time. They flower not until the middle or latter end of *July*, and the Fruit is ripe about the end of *August*, or beginning of *September*.

Government and Vertues. This also is a Plant of *Venus*. They are of great use in Physick: The Leaves being cooling, may be used in Inflammations, but not opening as the Berries and Fruit are, which by drawing down the Urine, provoke it to be voided plentifully, when it is stopped, or grown hot, sharp, and painful in the passage: it is good also to expel the Stone and Gravel out of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and voiding it by Greet or Gravel sent forth in the Urine: it also helpeth much to cleanse inward Imposthumes or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urine. The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry, distilled with a little Milk and drunk morning and evening with a little Sugar is effectual to all the purposes afore specified, and especially against the heat and sharpness of the Urine. I shall only mention one way amongst many others, which might be used for ordering the Berries to be helpful for the Urine and the Stone, which is thus:

Inflammations, Disease, Stone, Gravel, Ulcers in the Reins and bladder, pissing Blood: sharpness of urines.

A pretious Receipt.

Take three or four good handfuls of the Berries, either green and fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new tunned up: This drink taken daily, hath been found to do much good to many: both to ease the pains, and expel Urine, and the Stone, and to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water, is the most usual way; but the Powder of them taken in drink, is more effectual.

Chervill.

IT is called Cerefolium, Mirrhis, and Mirrha, Chervil, sweet Chervil and sweet Cicely.

Descript. *The Garden Chervil doth at first somewhat resemble parsly,*

after it is better grown, the Leaves are much cut in and jagged, resembling Hemlock, being a little Hairy, and of a whitish green colour, sometimes turning reddish in the Summer with the Stalks also: It riseth a little above half a foot high, bearing white Flowers in spiked tufts, which turn into long and round seeds pointed at the ends, and blackish when they are ripe, of a sweet tast, but no smell, though the Herb it self smelleth reasonable well: The Root is small and long, and perisheth every year, and must be sown anew in the spring for seed, and after July *for* Autum *Sallad.*

The Wild Chervil *groweth two or three foot high, with yellow stalks and joynts, set with broader and more hairy Leaves, divided into sundry parts, nicked about the edges, and of a dark green colour; which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of Flowers, and afterwards smaller and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.*

Place. The first is sown in Gardens for a Sallad Herb; The second groweth wild in many of the Meadows of this Land, and by the Hedge-sides, and on Heaths.

Time. They flower and seed early, and thereupon are sown again in the end of Summer.

Government and Vertues. The *Garden Chervil* being eaten, doth moderately warm the stomach, and is a certain Remedy (saith *Tragus*) to dissolve congealed or clotted blood in the Body, or that which is clotted by Bruises, Falls, &c. The juice or distilled Water thereof being drunk, and the bruised Leaves laid to the place, being taken either in meat or drink, it is held good to provoke Urine, or expel the stone in the Kidneys, to send down Womens Courses, and to help the Pleurisie and pricking of the sides.

Stomach, Clotted Blood, Bruises, Falls, Dysury, Stone, Pleurisies, Sides, Swellings, Black and Blue spots.

The *Wild Chervil* bruised and applied, dissolveth Swellings in any part of the Body, and taketh away the spots and marks of congealed blood by bruises or blows, in a little space.

Sweet Chervil, *or* Sweet Cicely.

Descript. *THis groweth very like the greater* Hemlock, *having large spread Leaves cut into divers parts, but of a fresher green colour than the* Hemlock, *tasting as sweet as the Annifeed. The stalk riseth up a yard high or better, being crested or hollow, having the Leaves at the joynts, but lesser; and at the tops of the branched stalks, umbels or tufts of white Flowers; after which come large and long crested black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branches therein, in taste and smell stronger than the Leaves or seed, and continuing many years.*

Place. This groweth in Gardens.

Government and Vertues. These are all three of them of the Nature of *Jupiter*, and under his Dominion. This whole Plant, besides

Cold, Stomach, wind, Flegm, Lungs, Phtisick, Pestilence, Terms provokes, After-birth, Appetite loſt, ulcers, Epidemical Diseases

ſides its pleaſantneſs in Salads, hath alſo his Phyſical Vertues. The Root boyled and eaten with Oyl and Vinegar, (or without Oyl) doth much pleaſe and warm an old and cold ſtomach, oppreſſed with wind or flegm, or thoſe that have the Phtiſick or Conſumption of the Lungs. The ſame drunk with Wine, is a preſervative from the Plague: it provoketh Womens Courſes, and expelleth the After-birth, procureth an appetite to meat, and expelleth wind. The Juice is good to heal the Ulcers of the Head and Face. The candied Roots hereof are held as effectual as *Angelica* to preſerve from infection in the time of a Plague, and to warm and comfort a cold weak ſtomach: It is ſo harmleſs, you cannot uſe it amiſs.

Cheſtnut-Tree.

IT were as needleſs to deſcribe a Tree ſo commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is abſolutely under the Dominion of *Jupiter*, and therefore the Fruit muſt needs breed good blood, and yield commendable nouriſhment to the Body; yet if eaten over-much, they make the blood thick, procure head-ach, and bind the Body: the inner skin that covereth the Nut, is of ſo binding a quality, that a ſcruple of it being taken by a man or ten grains by a Child, ſoon ſtops any flux whatſoever: the whole Nut being dried and beaten into powder, and a dram taken at a time, is a good remedy to ſtop the Terms in Women. If you dry Cheſtnuts, and beat them into Powder (only the kernel I mean) both the Barks being taken away, beat them into powder, and make the powder up into an Electuary with Honey, ſo have you an admirable Remedy for the Cough, and ſpitting blood.

Flux, Terms ſtops, Cough, Spitting Blood.

Earth-Cheſtnuts.

THey are called *Earth-nuts*, *Earth-Cheſtnuts*, *Ground-Nuts*, *Ciper-Nuts*, and we in *Suſſex* call them *Pig-Nuts*. A Deſcription of them were needleſs, for every Child knows them.

Government and Vertues. They are ſomething hot and dry in quality, under the Dominion of *Venus*, they provoke Luſt exceedingly, and ſtir up to thoſe Sports ſhe is Miſtreſs of; the Seed is excellent good to provoke Urine, and ſo alſo is the Root, but it doth not perform it ſo forcibly as the Seed doth. The Root being dried, and beaten into Powder, and the Powder made into an Electuary is as ſingular a Remedy for ſpitting and piſſing blood, as the former Cheſtnuts were.

Luſt provokes, Diſury, Spitting blood, Piſſing blood. Coughs.

Ch

Chickweed.

IT is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, sith but only two or three are considerable for their usefulness.

Place.] They are usually found in moist and watry places, by Woodsides, and elsewhere.

Time.] They flower about *June*, and their seed is ripe in *July*.

Government and Vertues.] It is a fine soft pleasing herb, under the Dominion of the *Moon*. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for meat only. The herb bruised, or the Juyce applied (with cloaths or spunges dipped therein) to the Region of the Liver; and as they dry to have fresh applied, doth wonderfully temper the heat of the Liver, and is effectual for all Impostumes and Swellings whatsoever; for all redness in the Face, Wheals, Pushes, Itch, Scabs; the Juyce either simply used, or boyled with Hogs-grease and applied, the same helpeth Cramps, Convulsions and Palsies. The Juyce or distilled Water is of much good use for all heat and redness in the Eyes, to drop some thereof into them: as also into the Ears to ease pains in them, and is of good effect to ease pains, the heat and sharpness of blood in the Piles, and generally all pains in the body that arise of heat. *Hot Liver, Apostumes, Swellings, Red Face, Wheals, Pushes, Itch, Scabs, Cramps, Convulsion, Palsie, Red Eyes, Hemorrhoids, Ulcers, Sinews.* It is used also in hot and virulent Ulcers and Sores in the privy parts of Men or Women, or on the Legs, or elsewhere. The Leaves boyled with Marsh-mallows, and made into a Pultis with Fenugreek and Linseed, applied to Swellings or Impostumes, ripen and break them, or swage the Swellings, and ease the pains. It helpeth the Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again by this Medicine; Boyl an handful of Chickweed and a handful of red Rose-leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oyl of Trotters or Sheeps feet; let them boyl a good while, still stirring them well, which being strained anoint the grieved place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods blessing it will help in three times dressing.

Cich-Pease, *or* Cicers.

Descript.] THe *Garden sorts; whether red, black, or white, bring forth stalks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joynts come forth one or two Flowers upon sharp Footstalks, Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small thick and short*

Pods, wherein lie one or two Pease more usually, a little pointed at the low end, and almost round at the Head, yet a little corner'd or sharp. The Root small, and perisheth yearly.

Place and Time. They are sown in Gardens, or the Fields, as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

Government and Vertues. They are both under the Dominion of *Venus*. They are no less windy than Beans, but nourish more, they provoke Urine and are thought to encrease Sperm, they have a cleansing Faculty, whereby they break the Stones in the Kidneys. To drink the Cream of them being boyled in Water, is the best way. It moveth the Belly downwards, provoketh Womens Courses, and Urine, encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French Barley, and a small handful of Marsh-mallow Roots clean washed and cut, being boyled in the broth of a Chicken, and four ounces taken in the morning, and fasting two hours after, is a good Medicine for a pain in the sides. The white Cicers used more for Meat than Medicine, yet have they the same effects, and are thought more powerful to encrease Milk and Seed. The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and dryness, whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting and dissolving, and this more speedily and certainly than the former.

Dysury, Stedexcrease, Stone, Costiveness, Terms provokes, Pain in the Sides, Obstruction, Stone, Open, Digest, Dissolve.

Cinquefoyl, or Five-leaved Grass; *Called in some Countries* Five-finger'd Grass.

Descript. IT spreadeth and creepeth far upon the ground, with long slender strings like Strawberries, which take Root again and shoot forth many Leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The stalks are slender, leaning downwards, and bear many small yellow flowers thereon, with some yellow thrids in the middle, standing about a smooth green head; which when it is ripe, is a little rough, and containeth small brownish seeds. The Root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some thrids thereat; and by the small strings it quickly spreadeth over the ground.

Place. It groweth by Wood-sides, Hedg-sides, the Path-wayes in Fields, and in the borders and corners of them almost through all this Land.

Time. It floweth in Summer, some soon, some later.

Government and Vertues. This is an Herb of *Jupiters*, and therefore strengthens the parts of the Body it rules; for *Jupiter* be angular or strong when it is gathered, and if you give but a scruple (which is

two

twenty grains of it) at a time, either in white Wine or white Wine Vinegar, you shall very seldom miss the cure of an Ague, be it what Ague soever, in three Fits, as I have often proved to the admiration both of my self and others; let no man despise it because it is plain and easie, the waies of God are all such, 'tis the ungodliness and impudency of man that hath made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the good Angels, and when you read this, your own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs.

Ague.

It is an especial herb used in all Inflammations and Feavers, whether infectious or pestilential; or among other Herbs to cool and temper the blood and humors in the body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cankers, Fistulaes, and other corrupt, foul or running sores. The Juyce hereof drunk about four ounces at a time for certain dayes together, cureth the Quinzie, and the yellow Jaundice, and taken for thirty daies together, cureth the Falling-sickness. The Root boyled in Milk and drunk, is a most effectual remedy for all Fluxes in man or woman, whether the Whites or Reds, as also the Bloody Flux. The roots boyled in Vinegar, and the Decoction thereof held in the mouth, easeth the pains of the Toothach. The Juyce or Decoction taken with a little Honey, helpeth the hoarsness of the Throat, and is very good for the Cough of the Lungs. The distilled Water of both Roots and Leaves is also effectual to all the purposes aforesaid; and if the hands be often washed therein, and suffered at every time to dry in of it self without wiping, it will in short time help the Palsie, or shaking in them. The Root boyled in Vinegar helpeth all Knots, Kernels, hard Swellings, and lumps growing in any part of the flesh, being thereto applied, as also all Inflammations, and St. Anthonies fire, all Impostumes, and painful Sores, with heat and putrifaction, the Shingles also, and all other sorts of running and foul Scabs, Sores and Itch. The same also boyled in Wine, and applied to any Joynts full of Pain, Ache, or the Gout in the hands or feet, or the Hip-gout called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pains in the Bowels. The roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both: as also for bruises, or hurts by blows, falls, or the like, and to stay the bleeding of wounds in any part inward or outward.

Inflammation, Feavers, Pestilence, Sore mouth, ulcers, Cankers, Fistulaes, Quinsie, Yellow Jaundice, Falling-sickness, Flux, Terms stops, Whites, Bloody flux, Tooth-ach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh, St. Anthonies fire, Shingles, Scabs, Itch, Joynts pained, Sciatica, Ruptures, Gout, Bruises, Falls, Bleeding.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartan Ague, and an hundred to one if it be not *Credat Judæus*, for he is full of such whimsies. The truth is, I never stood so much upon the number of the Leaves, nor whether I

gave it in Powder or Decoction. If *Jupiter* were strong, and the Moon applying to him, or his good Aspect at the gathering, I never knew it fail the desired effects.

Cives.

CAlled also Rush-Leeks, Chives, Civet, and Sweth.

Temperature and Vertues.] I confess I had not added these, had not been for a Letter I received of a Country Gentleman, who certified That amongst other Herbs I had left these out; they are indeed a kind Leeks, hot and dry in the fourth degree as they are, and also under the D minion of *Mars*: if they be eaten raw (I do not mean raw opposite to sted or boyled, but raw opposite to a Chymical Preparation) they send very hurtful Vapors to the Brain, causing troublesom sleep, and spoiling

Eye-sight, yet of them prepared by the Art of the Alchymist, *Dysury.* be made an excellent Remedy for the stoppage of Urine.

Clary, *or more properly* Cleet-Eye.

Descript.] *Our ordinary Garden* Clary *hath four square stalks, with b rough, wrinkled, whitish, or hairy green Leaves, somew evenly cut in on the edges, and of a strong sweet scent, growing some near ground, and some by couples upon stalks. The flowers grow at certain dista with two small Leaves at the Joynts under them, somewhat like unto the sta of Sage, but smaller, and of a whitish blew colour. The seed is brownish, somewhat flat, or not so round as the wild. The Roots are blackish, and s not fat, and perish after the seed time. It is usually sown, for it seldom r of its own sowing.*

Place.] This groweth in Gardens.

Time.] It flowreth in *June* and *July*, some a little later than others, their Seed is ripe in *August*, or thereabouts.

Government and Vertues.] It is under the Dominion of *Moon.* The Seed is used to be put into the Eyes to clear th from Motes, or other such like things gotten within the L to offend them; as also to clear them from white or red s in them. The Mucilage of the Seed made with Water, applied to Tumors or Swellings, disperseth and taketh th away; as also draweth forth Splinters, Thorns, or other thi gotten into the flesh. The Leaves used with Vinegar either it self, or with a little Honey, doth help hot Inflammations, s so Boyls, Felons, and the hot Inflammations that are gath by their pains, if it be applied before they be grown too gr The Powder of the dried Root put into the Nose, provok Sneezing, and thereby purgeth the Head and Brain of r Rheum and Corruption. The Seed or Leaves taken in W provoketh to Venery. It is of much use both for Men Women that have weak Backs, to help to strengthen the K used either by it self, or with other herbs conducing to the

Eye,
Swelling,
Splinters,
Thorns,
Inflammations,
Boyls,
Felons,
Head,
Brain,
Lust provokes,
Back,
Venus provokes.

fect, and in Tanfies often. The fresh Leaves dipped in a Batter of Flowr, Eggs, and a little Milk, and fryed in Butter, and served to the Table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or beer, and drunk bringeth down Womens Courses, and expelleth the Afterbirth. *Afterbirth.*

It is an usual course with many men when they have gotten the running of the Reins, or Women the Whites, then run to the Bush of Clary, and bring hither the frying-Pan, fetch me some Butter quickly, then for some fryed Clary, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are as much the better as though they had pissed in their shooes, nay, perhaps much worse.

We will grant that Clary strengthens the Back, but this we deny, That the cause of the Running of the Reins in men, or the Whites in Women is in the Back (though the Back may sometimes be weakned by them) and therefore the Medicine is as proper, as for me when my toe is sore to lay Plaister to my nose.

Wild Clary.

Wild Clary is most blasphemously called Christs-Eye, because it cures Diseases of the Eys. I could wish from my very Soul, Blasphemy, Ignorance, and Tyranny were ceased amongst Physitians, that they might be happy, and I Joyful.

Description.] *It is like the other Clary, but lesser, with many stalks about a foot and an half high. The stalks are square, and somewhat hairy. The Flower of a blewish colour. He that knows the Common Clary, cannot be ignorant of this.*

Place.] It grows commonly in this Nation, in barren places: you may find it plentifully if you look in the Fields near Grayes-Inn, and the Fields near Chelsey.

Time.] They flower from the beginning of *June*, to the later end of *August*.

Government and Vertues.] It is something hoter and drier than the Garden-Clary is, yet nevertheless under the Dominion of the Moon, as well as that, the seeds of it being beaten to Pouder, and drunk in Wine, is an admirable help to provoke Lust. A decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonderful help, if it should not, the Stomach being Cancer, the House of the Moon. Also it helps digestion, scatters congealed blood in any part of the body, and helps dimness of sight. The distilled water thereof cleanseth the Eyes of redness, waterishness, and dimness, 'tis a gallant Remedy for dimness of sight, to take one of the Seeds of it, and put into the Eys, and there let it remain (but if it drops out of it self the pain of it will be nothing to speak on) it will cleanse the Eyes of all filthy and putrified matters, *Lust provoketh, congealed Blood, Cold Stomach, Sore Eyes, Films in the Eyes, Indigestion.*

matters, and in often repeating of it, will take off a Film which covers the sight, a handsomer, safer, and easier Remedy a great deal than to take it off with a Needle.

Cleavers.

It is also called Aparine, Goose-share, Goose-grass, and Clivers.

Descript. The common Cleavers hath divers very rough square stalks as big as the Tag of a Point, but rising up to be 2 or 3 yards high sometimes if it meet with any tall Bushes or trees whereon it may climb (yea with any thispers) or else much lower, & lying upon the ground full of Joynts, at every one of them shooteth forth a branch besides the Leaves there which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leaves at the Joynts towards the tops of the branches come forth very small white Flowers at every end upon small thready foot-stalks, which after they are fallen there do shew two small, round, rough seeds joyned together like two Testicles, which when they are ripe, grow hard and wrinkle, having a little hole on the side somewhat like unto a Navel. The Stalks, Leaves and Seeds are so rough, that they will cleave to any thing that shall touch them. The Root is small and very thready, spreading much under the ground, but dyeth every year.

Place. It groweth by the Hedg and Ditch-sides in many places of this Land, and is so troublesome an Inhabitant in Gardens, that it rampeth up and down, and is ready to choak whatever grows next it.

Time. It flowreth in *June* and *July*, and the Seed is ripe, and fall again in the end of *July* or *August*, from whence it springeth up again, not from the old Roots.

Government and Vertues. It is under the Dominion of the *Moon*.

Venomous Beasts, Heart, Fluxes, Yellow Jaundice, Pins, Bloody Flux, Wounds, Ulcers, Swellings, Kings-Evil, Pain in the Ears.

Juyce of the Herb, and the Seed together taken in Wine helpeth those that are bitten with an Adder, by preserving the Heart from the venom. It is familiarly taken in Broth to them lean and lank that are apt to grow fat. The distilled Water drunk twice a day, helpeth the yellow Jaundice, and Decoction of the Herb in Experience is found to do the same and stayeth Lasks and bloody Fluxes. The Juyce of the Leaves or they a little bruised, and applied to any bleeding Wound stayeth the bleeding. The Juyce is also very good to close the lips of green Wounds; and the Pouder of the dried Herb strewed thereupon, doth the same, and likewise helpeth old Ulcers. Being boyled with Hogs grease, it healeth all sorts of hard Swellings or Kernels in the Throat, being anointed therewith. The Juyce dropped into the Ears, taketh away the pain of them.

It is a good Remedy in the Spring, eaten (being first chopped small, and boyled well) in water-gruel, to cleanse the blood, and strengthen the Liver, thereby keeping the body in health, and fitting it for the change of Season that is coming.

CLOW

Clowns Woundwort.

Descript. IT groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, Joyned somewhat far asunder, and two very long, and somewhat narrow dark green Leaves bluntly dented about the edges thereof, ending in a long point. The Flowers stand toward the tops compassing the stalks at the Joynts with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of a purplish red color, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them of a pale yellowish or whitish color, yet sometimes of the year these knobby Roots in many places are not seen in the Plant. The whole Plant smelleth somewhat strongly.

Place, It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about *London*, and within three or four miles distance about it, yet usually growes in or near Ditches.

Time. It flowreth in *June* and *July*, and the seed is ripe soon after.

Government and Vertues. It is under the Dominion of the Planet *Saturn*. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for nought. And very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers, Cancers, &c. that hinder the healing of them.

Wounds, Ulcers, Blood, Cancers, Bloody Flux, Vessels Broken, Ruptures, spitting, pissing, and Vomiting Blood, Veins swelled, Muscles cut.

A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux, Vessels broken, spitting, pissing, or vomiting Blood: Ruptures are excellently and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Oyntment or plaister of the Herb to the Place. Also if any Vein be swelled, or Muscle cut, applie a plaister of this Herb to it, and if you add a little Comfry to it, it will not do amiss; I assure thee the Herb deserves commendations though it have gotten but a Clownish Name, and whoever reads this (if he try it as I have done) will commend it as well as I. I have done, only take notice, That it is of a dry Earthy quality.

Cocks-Head, Red Fitchling, *or* Medick Fetch.

Description. *THis hath divers weak, but rough Stalks, half a yard long, leaning downwards, beset with Winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath, from the tops of these Stalks arise up other slender Stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a spike*

Spike of a pale reddish colour, with some blewness among them: after which rise up in their places, round, rough and somewhat flat heads. The Root is tough and somewhat woody, yet liveth, and shooteth anew every year.

Place.] It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

Time.] They flower all the moneths of *July* and *August*, and the Seed ripeneth in the mean while.

Government and Vertues.] It is under the Dominion of *Venus*. It hath power to ratifie and digest, and therefore the green Leaves bruised and laid as a Plaister, dispersteth Knocs, Nodes or Kernels in the flesh; and if when it is dry, it be taken in Wine, it helpeth the Strangury; and being anointed with Oyl, provoketh Sweat. It is a singular food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boyled in ordinary drink of Nurses.

Knots and Kernels in the Flesh, Strangury, Milk in Cattel.

Columbines.

THese are so well known, growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

Time.] They flower in *May*, and abide not for the most part when *June* is past, perfecting their seed in the mean time.

Government and Vertues.] It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good success for Sores in Mouths and Throats: *Tragus* saith, That a dram of the seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the yellow Jaundies if the party after the taking thereof be laid to sweat well in the bed: The seed also taken in Wine causeth a speedy Delivery of Women in Child-birth, if one draught suffice not, let her drink a second, and it is effectual. The *Spaniards* use to eat a piece of the Root hereof in a morning fasting, many dayes together, to help them being troubled with the stone in the Reins or Kidneys.

Sore Mouths and Throats, Obstructions, Yellow Jaundice, Womens travel, Stone.

Coltsfoot.

CAlled also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

Descript. *This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly: and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker and greener, than those of Butter-bur, with a little Down or Freeze over the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that when it is taken it will hardly be driven away again, if any little piece be abiding therein; and from thence springeth fresh Leaves.*

Place. It groweth as well in wet grounds, as in drier places.

Time. And flowreth in the end of *February*, the Leaves beginning to appear in *March*.

Gar-

Government and Vertues. The Plant is under *Venus*. The fresh Leaves or juyce, or a Syrup made thereof, is good for a hot dry Cough, for Wheezing, and shortness of breath. The dry Leaves are best for those that have thin Rheums and Distillations upon their Lungs, causing a Cough, for which also the dried Leaves taken as Tobacco, or the Root is very good. The distilled Water hereof simply, or with Elder Flowers and Nightshade, is a singular good Remedy against all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the head and stomach; which also doth much good being applied to any hot Swellings or Inflammations; it helpeth St. *Anthonies* fire, and Burnings, and is singular good to take away Wheals, and small Pushes that arise through heat: as also the burning heat of the Piles, or Privy parts, cloaths wet therein being thereunto applied.

Cough, wheezing, Shortness of breath, Agues, Inflammations, Swelling, St. Anthonies fire, Burning, Choleriek Pushes, Piles, Inflammations in the Privities.

Comfry.

Descript. THe common great Comfry hath divers very large and hairy green Leaves lying on the ground, so hairy or prickly, that if they touch any tender part of the Hands, Face, or Body, it will cause it to itch: the Stalk that riseth up from among them being two or three foot high, hollow and cornered, it very hairy also, having many such like Leaves as grow below, but lesser and lesser up to the top. At the joynts of the Stalks, it is divided into many branches with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish colour, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within, short or easie to break, and full of a glutinous or clammy juyce of little or no taste at all.

There is another sort in all things like this, save only it is somewhat lesse, and beareth flowers of a pale purple colour.

Place. They grow by Ditches, and Water-sides, and in divers Fields that are moist, for therein they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

Time. They flower in *June* and *July*, and give their seed in *August*.

Government and Vertues. This is also an Herb of *Saturn*, and I suppose under the Sign *Capricorn*, cold, dry, and earthy in quality.

What was spoken of Clowns Woundwort, may be said of this. The great Comfry helpeth those that spit blood, or make a bloody Urine: The Root boyled in Water and Wine, and the Decoction drunk, helpeth all inward hurts, bruises, and wounds, and Ulcers of the Lungs, causing the flegm that oppresseth them to be easily spit forth: It stayeth the defluxion of Rheum from the Head upon the Lungs, the fluxes of Blood or humors by

Spitting and pissing Blood, Inward Wounds & Bruises, Ptisick.

Bloody Flux, Terms stops, Whites, Nerves cut, Muscles out, sharp Humors, Wounds, Ruptures, broken, Bones, Knotted Breasts, Hemorrhoids, Inflammation, Gout, Pained Joynts, Gangrens.

by the Belly, Womens immoderate Courses, as well the Reds as the Whites; and the Running of the Reins hapning by what cause soever. A Syrup made thereof is very effectual for all those inward Griefs and Hurts and the distilled Water for the same purpose also, and for outward Wounds and Sores in the Fleshy or Sinewy part of the Body what soever; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the Leaves hereof is available to all the purposes, though not so effectual as the Roots. The Roots being outwardly applied, help fresh wounds or cuts immediatly, being bruised and laid thereunto; and is especially good for Ruptures and broken bones: yea, it is said to be so powerfull to consolidate and knit together; that if they be boiled with dissevered pieces of flesh in a pot it will joyn them together again. It is good to be applied to Womens Breasts that grow sore by the abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflammation of the parts thereabouts, and to give ease of pains. The Roots of Cumfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained joynts, and profiteth very much for running and moist Ulcers, Grangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

Coral wort.

IT is also called by some, Toothwort, Toothed Violet, Dog-teeth Violet, and Dentaria.

Descript. Of the many sorts of this Herb, two of them may be found growing in this Nation: The first of which shooteth forth one or two Winged Leaves upon long brownish Footstalks, which are doubled down at their first coming out of the ground: when they are fully opened they consist of seven Leaves, most commonly of a sad green colour, dented about the edges, set on both sides the middle Rib one against another as the Leaves of the Ash-tree: the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes of three: on the top stand four or five flowers upon short Footstalks, with long Husks: the flowers are very like the flowers of Stock Gilliflowers, of a pale purplish colour consisting of four Leaves apiece, after which come small Cods which contain the seed, the Root is very smooth, white and shinning, it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knobs, set together: toward the top of the stalk there grow some single Leaves, by each of which cometh a small round cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be a Root.

As for the other Coralwort which groweth in this Nation, 'tis more scarcy

scarcy than this, being a very small Plant, not much unlike Crowfoot, therefore some think it to be one of the sorts of Crowfoot. I know not where to direct you to it, and therefore I shall forbear the Description.

Place. The first groweth neer *Mayfield* in *Sussex* in a Wood called *High-reed*, and in another Wood there also, called *Fax-holes*.

Time.] They flower from the latter end of *April* to the middle of *May*, and before the middle of *July* they are gone, and not to be found.

Government and Vertues.] It is under the Dominion of the *Moon*. It cleanseth the Bladder and provoketh Urine, expels Gravel and the Stone, it easeth pains in the sides and Bowels; it is excellent good for inward wounds, especially such as are made in the Breast or Lungs; by taking a dram of the powder of the Root every morning in Wine; the same is excellent good for Ruptures, as also to stop fluxes: an Ointment made of it is excellent good for wounds and ulcers; for it soon dries up the watry Humor which hinders the Cure.

Disury, Gravel, Stone, sides, Bowels, wounds in the Breast and Lungs, Ruptures, wounds, Fluxes, and ulcers.

Costmary, or Alecost, or Balsom-Herb.

THis is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description thereof.

Time. It flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Jupiter*. The ordinary *Costmary* as well as *Maudlin*, provoketh Urine abundantly, and moistneth the hardness of the Mother; it gently purgeth Choler and Flegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul, and hindreth putrifaction and corruption, it dissolved without Attraction openeth Obstructions, and healeth their evil effects, and is a wonderful help to all sorts of Agues. It is astringent to the Stomach, and strengthneth the Liver, and all the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the Morning, it is very profitable for the pains of the Head that are continuall, and to stay, dry up and consume all thin Rheums, or Distillations from the Head into the Stomach, and helpeth much to digest raw humors that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole Body called *Cachexia*, being taken especially in the beginning of the Disease: It is an especial friend and help to cold, weak, and cold Livers. The seed is familiarly given to Children for the Worms, and so is the infusion of the Flowers in White Wine, given them to the quantity of two ounces at a time: It maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it, and after it is strained, to put a little Wax, Rozin, and Turpentine, to bring it into a convenient Body.

Disury, Womb, Choler, Flegm, Putrifaction, Corruption, Obstructions, Quotidian Agues, Stomach, Liver, Head-ach, Rheum, Raw Humours, Cachexia, Worms, ulcers.

Cudweed.

Cudweed, or Cottonweed.

Besides *Cudweed* and *Cottonweed*, it is also called *Chafweed*, *Dwarf Cotton*, and *Petty Cotton*.

Description. *The common* Cudweed *riseth up but with one Stalk sometime, and sometimes with two or three, thick set on all sides with small, long, and narrow whitish or woolly Leaves from the middle of the Stalk almost up to the top: with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Herbs, after the Flowers are fallen, come small seed wrapped up with the down therein, and is carried away with the wind. The Root is small and threddy.*

There are other sorts hereof, which are somewhat lesser than the former, not much differing, save only that the stalk and Leaves are shorter, so the flowers are paler, and more open.

Place.] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

Time.] They flower about *July*, some earlier, some later, and their seed is ripe in *August*.

Head, dry, Fluxes, Terms ill stopped, Ruptures, worms, Tenesmus, wounds, bleeding, ulcers, Quinsie.

Government and Vertues,] *Venus* is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay fluxes of Blood wheresoever. The Decoction being made into red Wine and drunk, or the Powder taken therein; it also helpeth the Bloody flux, and easeth the torments that come thereby, stayeth the immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts, and Bruises, and helpeth Children both of burstings and the Worms and the Disease called *Tenesmus*, which is an often provocation to the stool, and doing nothing, being either drunk or injected: The green leaves bruised and laid to any green wound, stayeth the bleeding, and healeth it up quickly: The Decoction or Juyce thereof doth the same, and helpeth all old and filthy Ulcers quickly. The Juyce of the Herb taken in Wine and Milk is (as *Pliny* saith) a sovereign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

Cowslips, or Peagles.

Both the Wild and Garden *Cowslips* are so well known, that I will neither trouble my self nor the Reader with any Description of them.

Time,] They flower in April and May.

Spots, wrinkles, Sun-burn.

Government and Vertues.] *Venus* layes claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough the Oyntment or distilled Water of it adds Beauty, or at least restores it when it is lost. The flowers are held to be more effectual than the leaves, and the roots of little use. An Oyntment being made with them, taketh away spots, and wrinkles of the Skin, Sun-burning

ning and Freckles, and adds Beauty excedingly: they remedy all infirmities of the Head coming of Heat and Wind, as Vertigo, Ephialtes, False Apparitions, Frenzies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves. The Roots ease pains in the Back and Bladder, and open the passages of Urine: The Leaves are good in Wounds, and the Flowers take away trembling: If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a special Eye over them: If you let them see the Sun once a moneth, it will do neither the Sun nor them harm.

Head, Heat, Wind, Beauty adds, Vertigo, Ephialtes, Convulsion, Cramps, Back, Bladder, Wounds, Trembling, Frenzie, Falling-sickness, Palsie.

Because they strengthen the Brain and Nerves, and remedy Palsies, the Greeks gave them the name *Paralisis*; The Flowers preserved or conserved, and the quantity of a Nutmeg eaten every morning, is a sufficient Dose for inward Diseases; but for Wounds, Spots, Wrinkles and Sun-burning, an Oyntment is made of the Leaves and Hogs-grease.

Crabs-Claws.

CAlled also Water Sengreen, Knights Pondwort, Water Housleek, Wading Pondweed, and Fresh Water Souldier.

Description. *It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed; the stalks which bear flowers seldom grow so high as the Leaves, bearing a forked head like a Crabs Claw, out of which comes a white flower, consisting of three Leaves, with divers yellowish hairy threds in the middle: it taketh Root in the mud in the bottom of the water.*

Place. It groweth plentifully in the Fens in *Lincolnshire*.

Time. It flowers in *June*, and usually from thence till *August*.

Government and Vertues. 'Tis a Plant under the Dominion of *Venus*, and therefore a great strengthener of the Reins; it is excellent good in that Inflammation which is commonly called St. *Anthonies* fire, it asswageth all Inflammations and Swellings in Wounds, and an Oyntment made of it is excellent good to heal them: there is scarce a better Remedy growing than this is, for such as have bruised their Kidnies, and upon that account pissing blood: a dram of the powder of the Herb taken every morning is a very good Remedy to stop the Terms.

Reins, St. Anthonies fire, Inflammations and Swellings in Wounds, Kidnies bruised, pissing blood. Terms stops.

Back-Cresses.

Descript.] *It hath long Leaves deeply cut and jagged on both sides, not much unlike wild Mustard; the stalks be small, very limber, though very tough, you may twist them round, as you may a Willow before they break: The flowers be very small and yellow, after which come small Cods, which contain the Seed.*

Place.] It is a common Herb, grows usually by the way sides, and sometimes

times upon mud Walls about *London*, but it delights most to grow amongst stones and rubbish.

Time. It flowers in *June* and *July*, and the Seed is ripe in *August* and *September*.

Government and Vertues. 'Tis under the Dominion of *Mars*, and is a Plant of a hot and biting nature: the truth is, the Seed of Bank-Cresses strengthens the Brain exceedingly, being in performing that office little inferior to Mustard-Seed, if at all they are excellent good to stay those Rhewms which fall down from the Head upon the Lungs: You may beat the Seed into powder if you please, and make it up into an Electuary with honey; so have you an excellent Remedy by you, not only for the premisses, but also for the Cough, yellow Jaundice and Sciatica. The Herb boyled into a Pultis, is an excellent Remedy for Inflammations both in Womens Breasts, and Mens Testicles.

Brain, Rheums, Lungs, Cough, Yell. Jaundice, Sciatica, Inflammations in the Breast and Testicles.

Sciatica-Cresses.

Descript. *These are of two kinds: The first riseth up with a round stalk about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the edges, somewhat like Garden-Cresses, but smaller: The flowers are small and white, growing at the tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white and woody.*

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

Place. These grow by the way sides in untilled places, and by the sides of old Walls.

Time. They flower in the end of *June*, and their seed is ripe in *July*.

Government and Vertues. It is a *Saturnine* Plant. The Leaves, but especially the Root taken fresh in Summer time, beaten and made into a Pultis or Salve, with old Hogs grease, and applied to the place pained with the Sciatica, to continue thereon four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wooll or Skins after they have sweat a little, will assuredly cure not only the same Disease in the Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old Griefs of the Head (as inveterate Rheums) and other parts of the Body that is hard to be cured: And if of the former Griefs any part remain; the same Medicine after twenty dayes is to be applied again. The same is also effectual in the Diseases of the Spleen: and

Sciatica, Gout, Head-ach, Rhewms.

Spleen.

laid applied to the Skin, it taketh away the blemishes thereof, Scars, Leprosie, whether they be Scars, Leprosie, Scabs or Scurf, which also Scabs, Scurf, though it exulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Esteem of this as another Secret.

Water-Cresses.

Descript. Our ordinary Water-Cresses spread forth with many weak, hollow, sappy stalks, shooting out Fibres at the Joynts, and upwards, long winged Leaves, made of sundry broad, sappy, almost round Leaves, of a brownish colour. The Flowers are many and white, standing on long Foot-stalks, after which come small yellow Seed, contained in small long pods like Horns. The whole Plant abideth green in the Winter, and tasteth somewhat hot and sharp.

Place. They grow (for the most part) in the small standing Waters, yet sometimes in small Rivulets of running Water.

Time. They flower and seed in the beginning of Summer.

Government and Vertues. It is an Herb under the Dominion of the *Moon*. They are more powerful against the Scurvy, and to cleanse the Blood and Humors, than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the Stone, & provoke Urine, and Womens Courses. The Decoction thereof cleanseth Ulcers, by washing them therewith: The Leaves bruised, or the Juyce, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and washed away in the morning. The Juyce mixed with Vinegar, and the fore-part of the Head bathed therewith, is very good for those that are dull and drousie, or have the Lethargy.

Scurvy, Blood, Humors, Stone, Dysury, Terms provokes, Ulcers, Freckles, Pimples, Spots, Dulness, Lethargy.

Water-Cress Pottage is a good Remedy to cleanse the Blood in the Spring, and help head-aches, and consume the gross humors Winter hath left behind; those that would live in health may use it if they please, if they will not, I cannot help it: If any fancy not Pottage, they may eat the herb as a Sallet.

Croswort.

Descript. Common *Cross-wort* groweth up with square, hairy, brown Stalks, little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joynt, each against other cross-wayes, which hath caused the Name: Toward the tops of the stalks at the Joynts with the Leaves in three or four rows outwards, stand small pale, yellow flowers; after which come small, blackish, round seed, four for the most part set in every Husk. The Root is very small and full of fibres, or threds, taking good hold of the ground, and spreading with the Branches a great deal of ground, which perish not in Winter, although the Leaves die every year, and spring again anew.

Place,

Place.] It groweth in many moist grounds, as well Meadows as undilled places about *London*: in *Hansted* Church-yard, at *Wye* in *Kent*, and sundry other places.

Time.] It flowreth from *May* all the Summer long in one place or other as they are more open to the Sun; the Seed ripeneth soon after.

Government and Vertues.] It is under the Dominion of *Saturn*. This is a singular good Wound-Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wounds, which it quickly soldereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate flegm out of the Chest, and is good for Obstructions in the Breast, Stomach or Bowels, and helpeth a decayed Appetite: It is also good to wash any Wound or Sore with, to cleanse and heal it: The Herb bruised, and then boyled and applied outwardly for certain dayes together renewing it often, and in the mean time, the Decoction of the herb in Wine taken inwardly every day, doth certainly cure the Rupture in any, as it be not too inveterate; but very speedily if it be fresh and lately taken.

Wounds, inward and outward, Flegm, Obstructions, Stomach, Bowels, Ruptures.

Crowfoot.

MAny are the Names this furious biting Herb hath obtained, almost enough to make up a Welch-mans Pedegree, if he fetch it no further than *John* of *Gaunt*, or *William* the Conqueror, for it is cald *Frogs-foot*, from the Greek name *Batrakion*, Crowfoot, Gold Knobs, Gold Cups, King Cobs, Bassiners, Trol-flower, Polts, Locker Goulons, and Butter-flowers.

Abundance are the Sorts of this Herb, that to describe them all, would tire the patience even of *Socrates* himself; but because I have not yet attained to the Spirit of *Socrates*, I shall but describe the most usual.

Descript. *The most common* Crowfoot *hath many dark green Leaves cut in divers parts, in taste biting and sharp, biting and blistering the Tongue, it bears many flowers, and those of a bright resplendant yellow colour, I do not remember that ever I saw any thing yellower; Virgins in Ancient time used to make Powder of them to strew Bride-Beds; after which Flowers come small Heads of Seeds, round, but rugged like a* Pine-Apple.

Place. They grow very common every where, unless you run your Head into a hedge, you cannot but see them as you walk.

Time. They flower in *May* and *June*, even till *September*.

Government and Vertues. This fiery and hot spirited Herb of *Mars* is no way fit to be given inwardly, but an Oyntment of the Leaves or Flowers will draw a Blister, and may so be fitting applied to the nape of the Neck to draw back Rheum from the Eyes: The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and with far less danger to the Vessels of Urine, which *Cantharides* naturally delights to wrong: I knew the herb once applied to a Pes-

lence

lential rising that was falling down, and it saveth life even beyond hope; it were good keeping an Ointment and Plaister of it, if it were but for that.

Cuckowpint.

IT is called *Aron, Jarus, and Barba-aron, Calves-foot, Ramp, Starchwort, Cuckow-pintle, Priest-pintle, and Wake-Robin.*

Descript. This shooteth forth three, four, or five Leaves at the most; from one Root, every one whereof is somewhat large and long, broad at the bottom, next the stalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each standing upon a thick round Stalk of a handful breadth long, or more: among which after two or three moneths that they begin to wither, riseth up a hard, round, whitish green Stalk, spotted and streaked with purple, somewhat higher than the Leaves: at the top whereof standeth a long hollow hose or husk, close at the bottom, but open from the middle upwards ending in a point; in the middle whereof standeth a small long pestle or clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside though green without; which after it hath so abiden for some time, the Husk with the clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of an Hazel Nut Kernel; which abideth thereon almost until Winter: The Root is round and somewhat long, for, the most part lying along, the Leaves shooting forth at the bigger end, which upon it beareth his Berries, is somewhat wrinkled and loose, another growing under it, which is solid and firm with many small thrids hanging thereat: The whole Plant is of a very sharp biting taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration. The Root hereof was anciently used instead of Starch, to starch Linnen withal.

There is another sort of Cuckowpint, with lesser Leaves than the former, and somewhat harder, having blackish spots upon them, which for the most part abide longer green in Summer than the former: and both Leaves and Roots are more sharp and fierce than it. In all things else it is like the former.

Place. These two sorts grow frequently almost under every Hedge side in many places of this Land.

Time. They shoot forth Leaves in the Spring, and continue but untill the middle of Summer, or somewhat later, their Husk appearing before they fall away: and their fruit shewing in *April.*

Government and Vertues. It is under the Dominion of *Mars.* *Tragus* reporteth that a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and taken, is a most present and sure Remedy for Poyson and the Plague, *Poyson*, the juyce of the Herb taken to the quantity of a spoonful hath *Plague*, the same effect. But if there be a little Vinegar added thereunto as well as unto the Root aforesaid, it somewhat allayeth the *Difficulty* of sharp biting Taste thereof upon the Tongue. The green Leaves of *Breath* bruised, and laid upon any Boyl or Plague sore, doth wonderful- *Coughs* all

is help to draw forth the Poyson: A dram of the powder of the dried Ro
taken with twice so much Sugar in the form of a Licking Electuary, or th
green Root doth wonderfully help those that are pursie and short-winded,
also those that have a Cough; it breaketh, digesteth, and tiddeth awa
Flegm from the Stomach, Chest and Lungs. The Milk wherein the Ro
hath been boyled, is effectual also for the same purpose. The said powd
taken in Wine or other Drink, or the Juyce of the Berries, or the Powd
of them, or the Wine wherein they have been boyled, pr

Flegm, Dysury, Urine provoked, After-birth, Ulcers, Itch, Ruptures, Polypus, Eyes, Throat, Jaw, Gout, Piles or Hemorroids, Fundament falling down, Scurf, Freckles, Spots, Blemishes.

voketh Urine, and bringeth down Womens Courses, a
purgeth them effectually after Child-bearing to bri
away the After-birth. Taken with Sheeps Milk, it healet
the inward Ulcers of the Bowels. The distilled wa
hereof is effectual to all the purposes aforesaid: A spoo
ful taken at a time healeth the Itch; and an ounce
more taken at a time for some dayes together, doth he
the Rupture: The leaves either green or dry, or the ju
of them, doth cleanse all manner of rotten and filthy U
cers in what parts of the Body soever, and healeth t
stinking sores in the Nose called *Polypus*. The Wa
wherein the Root hath been boyled dropped into the Ey
cleanseth them from any film or skin, Clouds or M
which begin to hinder the sight, and helpeth the wate
ing or redness of them; or when by some chance they become black an
blew. The Root mixed with Bean-flour, and applied to the Throat or Jaw
that are inflamed, helpeth them. The Juice of the Berries boyled in Oyl
Roses, or beaten into Powder mixed with the Oyl, and dropped into th
Ears, easeth pains in them. The Berries, or the Roots beaten with hot O
Dung, and applied, easeth the pains of the Gout. The leaves and roo
boyled in Wine with a little Oyl, and applied to the Piles, or the fallin
down of the Fundament, easeth them; and so doth sitting over the hot fum
thereof. The fresh Roots bruised, and distilled with a little Milk, yielded
a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots a
Blemishes whatsoever therein.

Authors have left large Commendation of this Herb you see, but for m
part I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

Cucumers, *Or*, (*according to the pronunciation of the Vulgar*) Cowcumbers.

Government and Vertues.

THere is no Dispute to be made, but that they are und
the Dominion of the *Moon*, and though they are
much cryed out against for their coldness, and that if th
were but one degree colder they would be poyson. The be
of Galenists hold them but to be cold and moist in the
cold degree, and them not so hot as either Lettuce or P

Stomach hot, Liver hot, Hunger raw,

slain: They are excellent good for hot stomachs, and hot Livers; the unmeasurable use of them fills the Body ful of raw humors; and so indeed the unmeasurable use of any thing else doth harm. The juyce of Cucumers, the Face being washed with it, cleanseth the skin, and is excellent good for hot Rheums in the Eyes: the seed is excellent to provoke Urin, and cleanse the passages thereof when they are stopped; neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumers are: The usual course is to use the seeds in Emulsions, as they make Almond Milk; but a better way far (in my opinion) is this when the season of the year is; To take the Cucumers and bruise them well, and distill the Water from them and let such as are troubled with Ulcers in the Bladder, drink no other drink. The Face being washed with the same Water, cureth the reddest face that is; it is also excellent good for Sun-burning, Freckles, and Morphew.

Skin cleanseth, Hot Rheums, in the Eyes, Provokes urin, and cleanse the Passages, Ulcers in the Bladder, Red Face, Sun-burning, Freckles Morphew.

Daisies.

These are also so well known to almost every Child, that I suppose it is altogether needless to write any Description of them. Take therefore the Vertues of them, as followeth.

Government and Vertues.] The Herb is under the sign *Cancer*, and under the dominion of *Venus*, and therefore excellent good for wounds in the Breast, and very fitting to be kept both in Oyls, Oynments, and Plaisters, as also in Syrup: The greater wild Daisie is a Wound Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juyce or distilled Water of these, or the small Daisies, doth much temper the heat of Choler, and refresheth the Liver, and other inward parts. A Decoction made of them and drunk, helpeth to cure the Wounds made in the hollowness of the Breast: The same also cureth all Ulcers and Pustules in the Mouth or Tongue, or in the secret parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth dissolve it, and temper the heat. A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great ease to them that are troubled with the Palsie, Sciatica or the Gout: The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, and bruises and hurts that come of Falls and blows: They are also used for Ruptures, and other inward Burnings, with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist Humors having access unto them, are kept long from healing and such are those for the most part that happen to the Joynts of the Arms or Legs: The Juyce of them dropped into the running Eyes of any doth much help them.

Wounds inward and outward, Choler, Liver, Breast, Ulcers, Swellings, Kernels, Bruises, Falls, Ruptures, Burnings, Inflammations.

Dandelyon, vulgarly called Piss-a-Beds.

Descript. *It is so well known to have many long, and deeply gashed Leaves lying on the ground round about the Head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root, the middle Rib being white, which broken, yeldeth abundance of bitter Milk, but the Root much more: from among the Leaves, which always abide green, arise many slender, weak naked foot stalks, every one of them baring at the top one large yellow flower, consisting of many rows of yellow Leaves, broad at the points, and nitked in, with a deep spot of yellow in the middle, which growing ripe, the green husk wherein the flower stood, turneth it self down to the stalk, and the Head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken of within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.*

Place.] It groweth frequently in all Meadows, and Pasture Grounds.

Time. It flowreth in one place or other almost all the year long.

Government and Vertues.] It is under the dominion of *Jupiter*. It is of an opening and clensing quality, and therefore very effectual for the Obstructions of the Liver, Gall and Spleen, and the Diseases that arise from them as the Jaundice, and Hypochondriacal passion: It wonderfully openeth the Passages, of the Urine both in young and old: It powerfully clenseth Aposthumes and inward Ulcers in the Uritory Passages, and by the drying and temperate quality doth afterwards heal them; for which purpose the Decoction of the Roots or Leaves in white Wine, or the Leaves chopped as Pot-herbs with a few Alisanders, and boyled in their broth, is very effectual. And who so is drawing towards a Consumption, or an evil disposition of the whole Body called *Cachexia*, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to bodies distempered by the heat of Ague Fits, or otherwise; The Distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

Openeth, Clenseth, Obstructions, Liver, Gall, Spleen, Jaundice, Hypochondriacal Melancholy, Bysury, Consumption, Cachexia Watching, Heat, Ague, Pestilence.

You see here what Vertues this common Herb hath, and that's the reason the French and Dutch so often eat them in the spring; and now if you look a litle further, you may see plainly without a pair of Spectacles, that Foreign Physitians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

Darnel.

It is also called *Juray* and *Wray*; in *Sussex* they call it *Crop*, it being a pestilent Enemy amongst Corn.

Descrip-

Descript. This hath all the Winter long, sundry, long, fat, and rough Leaves which when the stalk riseth, which is slender and jointed, are narrower, but rough still; on the top groweth a long spike, composed of many Heads set one above another, containing two or three Husks with sharp, but short Beards or Awns at the ends; the seed is easily shaped out of the Ear, the Husk it self being somewhat tough.

Place. The Country Husbandmen do know this too well to grow among their Corn; or in the Borders and Pathways of other Fields that are Fallow.

Government and Vertues. It is a malicious Plant of sullen *Saturn*. As it is not without some Vices, so hath it also many Vertues.

The Meal of *Darnel* is very good to stay Gangreens, and other such like fretting and eating Cankers, and putrid sores: It also cleanseth the skin of all Leprosies, Morphews, Ringworms, and the like, if it be used with Salt and Raddish Roots. And being used with quick Brimstone, and Vinegar, it dissolveth knots and kernels, and breaketh those that are hard to be dissolved being boyled in wine with Pidgeons dung and Linseed: A Decoction thereof made with Water and Honey, and the place bathed therewith, is profitable for the Sciatica. Darnel Meal applied in a Pultis, draweth forth Splinters and broken Bones in the Flesh: The red Darnel boyled in red Wine and taken, stayeth the Lask and all other Fluxes, and Womens bloody Issues; and restraineth Urine that passeth away too suddenly.

Gangrenes, *Cancers,* *Leprosie,* *Morphews,* *Ring-worms,* *Sciatica,* *Thorns,* *Splinters,* *Broken Bones,* *Diabetes.*

Dill.

Descript. *THe common* Dill *groweth up with seldom more than one stalk, neither so high, nor so great usually as Fennel, being round, and with fewer joynts thereon, whose Leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasanter scent: the tops of the stalks have four branches and smaller umbels of yellow flowers, which turn into small seed somewhat flatter and thinner than Fennel seed. The Roots somewhat small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.*

Place. It is most usually sown in Gardens and grounds for the purpose, and is also found wild with us in some places

Government and Vertues. *Mercury* hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boyled and drunk, is good to ease Swellings and pains, it also stayeth the Belly and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelled unto, being tied in a cloth. The seed is of more use than the Leaves, and more effectual to digest raw and viscous humours, and is used in Medicines,

Swellings, *Pains,* *Loosness,* *Vomiting,* *Mother,* *Hiccough,* *Raw humours,*

Wind, Apostums, Ulcers, Terms provokes.

dipines that serve to expel wind and the pains proceeding there-from. The seed being toasted or fryed, and used in Oyls or Plaisters, dissolveth the Imposthumes in the Fundament, and dryeth up all moist Ulcers, especially in the secret parts. The Oyl made of Dill is effectual to warm, or resolve Humors and Imposthumes, to ease pains, and to procure rest. ¶ The Decoction of Dill, be it Herb or Seed (only if you buyl the seed, you must bruise it) in white Wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

Devils-bit.

Descript. THis riseth up with a round, green, smooth stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark, green Leaves, somewhat snip'd about the edges, for the most part, being else all whole and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle: At the end of each branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blewish purple colour; which being past, there followeth seed that falleth away. The Root is somewhat thick, but short and blackish with many strings, abiding after seed-time many years. This Root was longer, until the Devil (as the Fryars say) bit away the rest of it for spight, envying its usefulness unto Mankind: For such he was not troubled with any Disease for which it is proper.

A Learned Tale that cost a dull Fryar seven years study.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other blush-coloured flowers.

Place. The first groweth as well in dry Meadows and Fields, as moist, in many places of this Land: But the other two are more rare and hard to meet with, yet they are both found growing wild about *Appledore*, near Rye in *Kent*.

Time. They flower not usually until *August*.

Government and Vertues. The Plant is Venereal, pleasing and harmless. The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk, is very powerful against the Plague, and all Pestilential Diseases or Feavers, Poysons also, and the bitings of Venomous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls or blows, dissolving the clotted blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blew Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therein, is very effectual to help the inveterate tumors and swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth also to procure Women Courses

Pestilence, Feavers, Poyson, Venomous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Mother, Wind, Worms, Wounds, Scurf, Itch,

and easeth all pains of the Mother, and to break and disturb Winds therein, and in the Bowels. The Powder of the Root taken in drink, driveth forth the Worms in the body. The Juyce or distilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanseth the body inwardly, and the Seed outwardly from Sores, Scurf, Itches, Dandriff, Pimples, Freckles, Morphew, or other deformities therein, but especially if a little Vitriol be dissolved therein.

Dock.

MAny kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big too fast.

Government and Vertues. All Docks are under *Jupiter*; of which the red Dock which is commonly called Bloodwort *Cleanse the* cleanseth the blood, and strengthens the Liver: but the yellow *Blood,* Dock root is best to be taken when either the blood or Liver is *strengthens* afflicted by Choler. All of them have a kind of cooling (but *the Liver.* not all alike) drying quality, the Sorrels being most cold, and the Bloodworts most drying. Of the Bur-Dock I have spoken *Flux,* already by himself. The seed of most of the other kinds, whe- *Loathing* ther of the Garden or Field, do stay Lasks and Fluxes of all *of Meat,* sorts, the loathings of the stomach through Choler, and is help- *Spitting* ful to those that spit blood. The Roots boyled in Vinegar, hel- *Blood,* peth the Itch, Scabs, and breakings out of the skin, if it be ba- *Scabs, Itch,* thed therewith. The distilled Water of the Herb and Roots *Freckles,* hath the same Vertue, and cleanseth the Skin of Freckles, Mor- *Morphew.* phew, and all other spots and discolourings therein.

All Docks being boyled with meat, make it boyled the sooner: Besides, Bloodwort is exceeding strengthening the Liver, and procures good blood, being as wholsome a Pot-herb as any grows in a Garden: yet such is the nicety of our times (forsooth) that Women will not put it in the Pot, because it makes the Pottage black; Pride and Ignorance (a couple of Monsters in the Creation) preferring Nicety before Health.

Dodder of Time, *or* Epithimum, *and other* Dodders.

Descript.] *This first from Seeds giveth Roots in the Ground, which shooteth forth thrids or strings, grosser or finer as the property of the Plant whereto it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be it high or low. These strings have no leaves at all upon them, but winde and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it, and is ready to choak or strangle it. After these strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the Sun. upon these strings are found Clusters of small Heads or Husks, out of which start forth lit-*

ish Flowers, which afterwards give small pale colour'd seed somewhat flat, and twice as big as Poppy seed. It generally participates of the nature of the Plant which it climbeth upon: but the Dodder of time is accounted the best, and is the only true Epithimum.

Government and Vertues.] All Dodders are under *Saturn*. Tell not me of Physitians crying up Epithimum, or that Dodder which grows upon Time (most of which comes from *Hemettus* in *Greece*, or *Hibla* in *Sicilia*, because those Mountains abound with Time) he is a Physitian indeed that hath wit enough to chuse his Dodder according to the Nature of the disease and Humor peccant. We confess, Time is the hottest Herb, it usually grows upon and therefore that which grows upon Time, is hotter than that which grows upon colder herbs, for it draws nourishment from what it grows upon as well as from the Earth where its Root is: and thus you see old *Saturn* wise enough to have two strings to his Bow. This is accounted the most effectual for melancholick Diseases, and to purge black or burnt Choler, which is the cause of many diseases of the Head and Brain, as also for the trembling of the Heart, Faintings and Swoonings. It is helpful in all diseases and griefs of the Spleen and that of Melancholy that ariseth from the windness of the Hypochondria. It purgeth also the Reins or Kidnies by Urine. It openeth Obstructions of the Gall, wherby it profiteth them that have the Jaundice; as also the Liver and Spleen: purging the Veins of choletick and flegmatick humors and helpeth Childrens Agues a little Wormseed being put thereto.

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by Experience been found very effectual to procure plenty of Urin, where it hath been stopped or hindred. And so of the rest.

Sympathy and Antipathy are the two Hinges upon which the whole Model of Physick turns, and that Physitian which minds them not, is like a Door off from the Hooks, more likely to do a man a mischief than to secure him. Then all the Diseases *Saturn* causeth, this helps by Sympathy and strengthens all the parts of the body he rules, such as be caused by *Sol*, it helps by Antipathy. What those diseases are see my Judgment of Diseases by Astrology, and if you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

Dogs-Grass, Quich-Grass, or Couch-Grass.

Descript.] *IT is well known, that this Grass creepeth far about under ground with long white jointed Roots, and small fibres almost as every joint very sweet in tast, as the rest of the Herb is, and interlacing one another, from whence shoot forth many long fair grassie Leaves, small as the*

the ends and Cutting or sharp on the edges. The stalks are joyned like Corn with the like Leaves on them, and a long spiked Head with along Husks on them, and hard rough seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husbandman, as also of the Gardiners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

Government and Vertues.] 'Tis a gentle Remedy under the Dominion of *Jupiter*. This is most medicinable of all the Quich-grasses: Being boyled and drunk, it openeth Obstructions of the Liver and Gall, and the stopping of the Urine, and easeth the griping pains of the Belly, and Inflammations, wasteth the matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied, do consolidate Wounds. The Seed doth more powerfully expel Urine, and stayeth the Lask, and Vomiting. The distilled Water alone, or with a little Wormseed, killeth the Worms in Children.

Liver, Gall, Disury, Griping, Inflammation, ulcers, in the Bladder, wounds, Vomiting, Worms, Stopping.

The way of use is to bruise the Roots, and having well boyled them in white Wine, drink the Decoction; 'tis opening, but not purging very safe: 'tis a Remedy against all diseases coming of stopping, and such are half those which are incident to the body of man; and although a Gardiner be of another opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Dovesfoot, *or* Cranesbil.

Descript. THis hath divers small, round, pale green leaves, cut in about the edges, much like Mallows, standing upon long, reddish, hairy stalks lying in a round compass upon the ground; among which rise up two or three, or more reddish joynted slender, weak, and hairy stalks, with some such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small, bright red Flowers of five Leaves apiece: after which follow small Heads, with small short beaks pointed forth, as all other sorts of these Herbs do.

Place.] It groweth in Pasture Grounds, and by the Path-sides in many places, and will also be in Gardens.

Time.] It flowreth in *June*, *July*, and *August*, some earlier, and some later, and the Seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant: It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel the Stone and Gravel in the Kidnies. The Decoction thereof in Wine, is an excellent good Wound-drink for those that have inward Wounds, Hurts, or Bruises, both to stay the bleeding, to dissolve and expel

Cholick Stone, Gravel, wounds,

Congealed blood, Sores, Ulcers, Fistulaes, Gout, Sinews, Ruptures.

pel the congealed Blood, and to heal the parts, as also to cleanse and heal outward Sores, Ulcers, and Fistulaes; and for green Wounds many do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures and Burstings in people, either young or old.

Ducks-meat.

THis is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

Government and Vertues. *Cancer* claims the Herb, and the *Moon* will be Lady of it; a word is enough to a wise man. It is effectual to help Inflammations, and St. *Anthonies fire*, as also the Gout, either applied by it self, or in a Pultis with Barley Meal. The distilled Water hereof is by some highly esteemed against all inward Inflammations, and Pestilent Feavers; as also to help the redness of the Eye, the Swellings of the Cods, and of the Breasts before they be grown too much. The fresh Herbs applied to the Forehead, easeth the pains of the Head-ach coming of heat.

Inflammations, St. Anthonies fire, Pestilence, Eyes, Swellings of the Cods, Head-ach.

Down, or Cotton-Thistle.

Descript. THis hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy wooll or Cottony Down, set with most sharp and cruel pricks; from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although most seldom) white ones. The seed that followeth in the heads, lying in a great deal of fine white Down, is somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after seed-time.

Place. It groweth on divers Ditches, Banks, and in the Corn Fields, and by highwayes generally every where throughout the Land.

Time. It floweth and beareth Seed about the end of Summer, when other Thistles do flower and seed.

Government and Vertues. *Mars* owns the Plant, and manifests to the World, That though it may hurt your Fingers, it will help your Body, for I fancy it much (for those ensuing Vertues. *Pliny* and *Dioscorides* write,

That the Leaves and Roots hereof taken in Drink, help those very Necks, that have a Crick in their Neck, whereby they cannot turn their Neck but their whole Body must turn also (sure they were mean, those that have got a Crick in their Neck, by being under the Hangmans hands) *Galen* saith, that the Root and Leaves hereof are of a heating

heating quality, and good for such persons as have their Bodies drawn together by some *Spasm* or Convulsion, as it is with Children that have the Rickets, or rather (as the colledge of Physitians will have it) the *Rachites*, for which name for the Disease, they have (in a particular Treatise lately set forth by them) Learnedly disputed, and put forth to publick view, that the World may see they took much pains to little purpose.

Spasmus, Convulsion, Rickets.

Dragons.

THey are so well known to every one that plants them in their Gardens they need no Description; if not, Let them look down towards the lower end of the stalk, and see how like a Snake they look.

Government and Vertues. The Plant is under the Dominion of *Mars*, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juyce, and Distill that in a Glass Still in Sand, it scoureth and cleanseth the internal parts of the Body *Scoureth, Cleanseth,* mightily, and so it doth the external parts also being *Freckles, Morphew,* externally applied. From Freckles, Morphew, and *Sunburning, wounds,* Sunburning: your best way to use it externally, is to *ulcers, Cankers,* Poultice it with Vinegar: an Ointment of it is held *pin, spots in the Eyes,* to be good in Wounds and Ulcers, it consumes Can- *Pin and Web, sight* kers, and that flesh growing in the Nostrils, which *helpeth, Pestilence,* they call Polipus. Also the distilled Water being drop- *Poyson, Venomous* ped into the Eyes takes away spots there, as also Pin *beasts.* and Web, and mends the dimness of sight, it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, That no Serpent will meddle with him that carries this Herb about him.

The Elder Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf Elder, called also Danewort, and Wallwort.

The Dwarf-Elder.

Description. THis is but an Herb, every year dying with his stalks to the ground, and rising again afresh every Spring, and is like unto the Elder both in form and quality, rising up with a four square rough hairy stalk, four foot high or more sometime. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in umbels, very like the Elder also but more sweet in scent, after which come small blackish berries, full of juyce while they are fresh, wherein there lie small hard Kernels or Seed. The Root doth

doth creep under the upper crust of the ground, springing afresh in divers plac[illegible] being of the bigness of ones finger or thumb sometimes.

Place. The Elder Tree groweth in Hedges, being planted there to stren[illegible] then the Fences, and Partitions of Grounds, and to hold up the Banks [illegible] Ditches, and Water-Courses.

The Dwarf-Elder groweth wild in many places of *England*, where bei[illegible] once gotten into a ground, it is not easily gotten forth again.

Time. Most of Elder Trees Flower in *June*, and their Fruit is ripe [illegible] the most part in *August*.

But the Dwarf-Elder, or Wallwort flowreth somewhat later, and his Fr[illegible] is not ripe until *September*.

Government and Vertues. Both Elder and Dwarf-Elder are under th[illegible] Dominion of *Venus*. The first Shoots of the common Elder boyled li[illegible] Asparagus, and the young Leaves and stalks boyled in fat Br[illegible] doth mightily carry forth Flegm and Choler. The middle [illegible] inward Bark boiled in Water, and given to drink, worke[illegible] much more violent; and the Berries either green or dry e[illegible] pell the same humors, and is often given with good success [illegible] help the Dropsie. The Bark of the Root boyled in Wine [illegible] the Juice thereof drunk, worketh the same Effects, but more po[illegible] erfully than either the Leaves or Fruit. The Juyce of the Ro[illegible] taken doth mightily provoke Vomit, and purgeth the watry hu[illegible] mors of the Dropsie. The Decoction of the Root taken, c[illegible] reth the biting of the Adder, and biting of mad dogs; it mo[illegible] lifieth the hardness of the Mother, if Women sit thereon, a[illegible] openeth the Veins, and bringeth down their Courses: The Be[illegible] ries boyled in Wine performeth the same effect; and the ha[illegible] of the Head washed therewith is made black. The Juice of th[illegible] green Leaves applied to the hot Inflammations of the Eys assw[illegible] geth them. The Juyce of the Leaves snuffed up into the No[illegible] strils, purgeth the Tunicles of the Brain. The juyce of the Be[illegible] ries boyled with a little Honey and dropped into the Ear, he[illegible] peth the pains of them. The Decoction of the Berries in Wi[illegible] being drunk provoketh Urine. The distilled Water of the Flow[illegible] ers is of much use to cleer the skin from Sunburning, Freckle[illegible] Morphew, or the like; and taketh away Headaches coming of [illegible] cold cause, the Head being bathed therewith. The Leaves or Flowers di[illegible] stilled in the Month of May, and the Legs often washed with the said di[illegible] stilled Water, it taketh away the Ulcers and Sores of them: The Eyes wash[illegible] ed therewith, it taketh away the redness and Bloodshot. And the Hand[illegible] washed morning and evening therewith, helpeth the Palsey, and shaking [illegible] them.

Flegm, Choler, Dropsie, Venomous Beasts, mad dogs, Terms provokes Inflammation. Brain, Eyes, Urine provokes, Sunburning, Freckles, Morphew, Head-ach, Ulcer, Palsie.

The Dwarf-Elder is more powerful than the common El[illegible] der, in opening and purging Choler, Flegm, and Water, [illegible] helping the Gout, Piles, and womens Diseases, coleureth [illegible] Hair black, helpeth the inflammations in the Eyes & pains in [illegible]

Gout, Inflammation, Burning,

Ear[illegible]

Scalds, the biting of Serpents, or a mad Dog, Burnings and Scaldings, the wind Cholick, Chollick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers. *Scalding, Cholick, Stone,*

Either Leaves or Bark of Elder stripped upwards at you gather them, causeth Vomiting; but stripped downward, it purgeth downwards. Also Dr. Butler in a Manuscript of his, commends Decoction of Elder to the Sky for Dropsies, viz. To drink it being boyled in white Wine, to drink the Decoction I mean, not the Elder. *Dropsy.*

The Elm-Tree.

THis Tree is so well known, growing generally in all Countries of this Land, that it is needless to describe it.

Government and Vertues. It is a cold and Saturnine Plant. the Leaves thereof bruised and applied, healeth green wounds being bound thereon with its own Bark. The Leaves or the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The Decoction of the Leaves, Bark or Root, being bathed, healeth broken Bones. The Water that is found in the Bladders on the Leaves, while it is fresh, it is very effectual to cleanse the Skin and make it fair, and if cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bound up with a Truss. The said Water put into a Glass and set into the Ground, or else in Dung for twenty five daies the mouth thereof being close stopped, and the Bottom set upon clay of ordinary Salt, that the Feces may settle, & Water become very clear is a singular and Soveraign Balm for green wounds, being used with soft Tent; the Decoction of the Bark of the Root fomented, mollifieth hard Tumors, and the shrinking of the Sinews. The Roots of the Elm boiled for long time in Water, and the fat rising on the top thereof being cleanly skimmed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it cometh to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water, is excellent to bath such places as have been burned with fire. *Wounds, Scurf, Leprosie, Beauty, Ruptures, Swellings, Baldness, Gout, burning.*

Endive.

Description. *COmmon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one year, quickly running up to Seed, and then perisheth: It hath blew Flowers, and the seed of the ordinary Endive is so like Succory seed, that it is hard to distinguish them.*

Government and Vertues. It is a fine cooling, cleansing, Jovial Plant. The Decoction of the Leaves, or the Juice, or the distilled Waters of Endive serve it

Liver, Stomach, Agues, Sharpness of Urine, and Excoriations thereby, Passion of the Heart, Ulcers, Swellings, Eyes, Gout.

serveth well to cool the excessive heat in the Liver and Stomach, and in the hot fits of Agues, and all other Inflammation in any part of the Body, it cooleth the heat and sharpness of the Urine, the Excoriations in the Urine parts; The Seed is of the same property, or rather more powerful, and behoves it available for the fainting, swoonings, and passions of the Heart. Outwardly applied they serve to temper the sharp Humors of Burning Ulcers, hot Tumors and Swellings, and Pestilential Sores; and would wonderfully help not only the redness and inflammation in the Eyes, but the dimness of the sight also: They are also used to allay the pains of the Gout. You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the *Eng. Dist.*

Elecampane.

Descript. IT shooteth forth many large Leaves, long and broad, lying next the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath, each set upon a short foot-stalk; from among which riseth up divers great, and strong hairy stalks 3. or 4. foot high with some Leaves thereupon compassing them about at the lower ends, and are branched toward the tops, bearing divers great & large Flowers like those of the Corn Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Down with long, small, brownish seed among it; and is carried away with the wind. The Root is great and thick, branched forth divers wayes, blackish on the outside, and white within, of a very bitter taste, and strong, but no good scent, especially when they are dryed, no part else of the Plant having any smell.

Place. It groweth in the moist Grounds and shadowy places, often times in the dry and open Borders of Fields and Lanes, and in other wast places almost in every Country of this Land.

Time. It flowreth in the end of *June* and *July*, and the seed is ripe in *August*. The Roots are gathered for use, as well in the Spring before the Leaves comes forth, as in Autumn or Winter.

Government and Vertues. It is a Plant under the Dominion of *Mercury*. The fresh Roots of Elecampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and weak stomach, or the pricking therein, and stitches in the side caused by the Spleen; and to help the Cough, shortness of breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth to the same purpose, and is also profitable for those that have their Urine stopped, or the stopping of Womens Courses, the pains of the Mother, and of the stone in the Reins, Kidneys, or Bladder. It resisteth poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential Feavers, and the Plague it self. The Roots and Herb beaten, and put into

Cold Stomach, Wind, Stitch, Spleen, Cough, Shortness of breath, wheezing, Worms gro-vokes.

Ale of Beer, and daily drunk, cleereth, strengtheneth and quickneth the sight of the Eyes wonderfully. The Decoction of the Roots in Wine, or the Juice taken therein, killeth and driveth forth all manner of Worms in the Belly, Stomach and Maw; and gargled in the Mouth, or the root chewed fastneth loose teeth, and helpeth to keep them from Putrifaction: And being drunk, is good for those that spit blood, helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the loosenes and pains in the Joynts, or those Members that are out of joynt, by cold or moisture happning to them, applied outwardly as well as inwardly, and is good for those that are burften, or have any inward bruise. The roots boyled well in Vinegar, beaten afterwards, and made into an Ointment with Hogs Suet, or Oyl of Trotters is an excellent Remedy for Scabs or Itch in young or old: The places also bathed or washed with the Decoction, doth the same: it also helpeth all sorts of filthy, old putrid Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid: The distilled Water of the leaves and roots together, is very profitable to cleanse the Skin of the Face, or other Parts, from any Morphew, Spots or Blemishes therein, and maketh it cleer.

Mother, Stone, Poyson, Venomous Beasts, Pestilence, Eyes, worms, loose Teeth, Spitting Blood, Cramps, Convulsions Gout, Joynts, Itch, Cankers, Freckles, Morphew, Spots.

Eringo, or Sea-Holly.

Descript.] *The first Leaves of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges; hard, and sharp-pointed, and a little crumpled, of a blewish green colour, every one upon a long Footstalk: but those that grow higher with the Stalk, do as it were compass it about. The Stalk it self is round and strong, yet somewhat crested with joynts, and Leaves set thereat, but not divided, sharp and prickly; and branches rising from thence, which have likewise other smaller branches, each of them bearing several blewish round prickly heads, with many small jagged, prickly Leaves under them, standing like a Star, and sometimes found greenish or whitish: The Root groweth wonderful long, even to eight or ten foot in length, set with Rings or Circles, toward the upper part, but smooth and without joynts down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant taste, but much more being artificially preserved, and candied with Sugar.*

Place. It is found about the Sea-Coasts, in almost every Country of this Land which bordereth upon the Sea.

Time. It flowreth in the end of Summer, and give it ripe Seed within a moneth after.

Government and Vertues. The Plant is Venereal, and the Seed exceedingly, and streng hens the Spirit Procreative; it is hot and moist, and under the Celestial influence. The Decoction of the Root hereof in Wine, is

Seed breedeth Obstructions, Spleen, Liver,

very

Yellow Jaundice, Dropsie, Cholick, Pains, Stranguary, Reins, French Pox, King's Evil, Venemous Beasts, Thorns, Broken Bones, Splinters, Apostumes, Melancholy, Quartan and Quotidian Agues, wry Necks.

very effectual to open the Obstructions of the Spleen and Liver, and helpeth the Yellow Jaundice, the Dropsie, the pains of the Loins, and wind Cholick, provoketh Urine, and expelleth the Stone, and procureth Womens Courses. The continued use of the Decoction for fifteen days taken fasting, and next to bed-ward, doth help the Strangury, the pissing by drops, the stopping of Urine, and stone, and all defects of the Reins or Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the stone, and that experience hath found it so: It is found good against the French Pox.

The Roots bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings Evil; or taken inwardly and applied to the place stung or bitten by any Serpent, healeth it speedily. If the roots be bruised and boyled in old Hogs-Grease, or salted Lard, and applied to broken Bones, Thorns, &c. remaining in the Flesh, they do not only draw them forth, but heal up the place again, gathering new flesh where it was consumed: The Juyce of the Leaves dropped into the Ears, helpeth Impostumes therein: The distilled Water of the whole Herb when the leaves and stalks are young, is probably drunk for all the purposes aforesaid, and helpeth the Melancholy of the heart, and is available in Quartan and Quotidian Agues, as also for them that have their Necks drawn awry, that cannot turn them without turning their whole Body.

Eyebright.

Descript. *Common Eyebright is a small low Herb, rising up usually but with one blackish green stalk, a span high, or not much more, somewhat from the bottom into sundry branches, whereon are set small and almost round, pointed, dark green Leaves, finely snipped about the edges, two always set together, and very thick: At the joynts with the Leaves from the middle upward come forth small white Flowers striped with purple and yellow spots or stripes, after which follow small round Heads with very small seed therein. The Root is long, small, and threddy at the end.*

Place. It groweth in many Meadows, and grassie places in this Land.

Government and Vertues. It is under the Sign of the *Lyon*, and *Sol* claims Dominion over it. If this herb were but as much used as it is neglected, it would half spoil the Spectacle-makers Trade; and a man would think that Reason should teach people to prefer the preservation of their Natural, before Artificial Spectacles: which that they may be instructed how to do, take the Vertues of Eyebright as followeth:

Eyes, Dimnesse, Brain, Memory.

The Juyce or distilled Water of Eyebright taken inwardly in white Wine or Broth, or dropped into the Eyes for divers days together, helpeth all infirmities of the Eyes that cause dimnesse of sight: Some make a Conserve of the flowers to the same effect. Being used any of these wayes, it also helpeth a weak Brain and

Memory

Memory. This tunned up with strong Beer that it may work together, and drunk. Or the Powder of the dried Herb mixed with Sugar, a little Mace, & Fennel-seeds, and drunk or eaten in Broth. Or the said Powder made into an Electuary made with Sugar and taken, hath the same powerful effect to help and restore the sight decayed through age, and *Arnaldus de villa nova* saith, It hath restored sight to them that have been blind a long time before.

Fern.

Descript. OF this there are two kinds principally to be treated of, viz. *The Male and Female. The Female groweth higher than the Male, but the leaves thereof are lesser, and more divided, or dented, and of as strong a smell as the Male, the Vertues of them are both alike, and therefore I shall not trouble you with any further Description or distinction of them.*

Place. They grow both on Heaths, and in shady places neer the Hedge-sides in all Countreys of this Land.

Time. They flower and give their seed at Midsummer.

The Female *Fern* is that Plant which is in *Sussex* called Brakes, the seed of which some Authors hold to be so rare: such a thing there is I know, and may easily be had upon *Midsumme.-Eve*, and for ought I know, two or three daies before or after it, if not more.

Government and Vertues. It is under the Dominion of *Mercury*, both the Male and the Female. The Roots of both these sorts of *Ferns*, being bruised and boyled in Mead, or honeyed Water, and drunk, killeth both the broad and long Worms in the body, and abateth the swelling and hardness of the Spleen. The green Leaves eaten, purge the Bel- *Worms*,
ly and cholerick and wateriſh humors, but it troubles the Sto- *Spleen*,
mach. They are dangerous for Women with Child to meddle *Choler*,
with, by reason they cause Abortment. The Roots bruised and *Flegm*,
boyled in Oyl, or Hogs-grease, make a very profitable Oint- *Stomach*,
ment to heal wounds or pricks gotten into the Flesh. The Pow- *Wounds*,
der of them used in foul Ulcers, dryeth up their malignant mei- *ulcers*,
sture, and causeth their speedier healing. *Fern* being burned, the *Serpents*,
smoke thereof driveth away Serpents, Gnats, and other noysome *Gnats*,
Creatures, which in the Fenny Countreys do in the night time *Venomous*
trouble & molest people lying in their beds with their faces un- *Beasts*.
covered: it causeth Barrenness.

Osmond Royal, or Water-Fern.

Descript. THis shooteth forth in the Spring-time (for in the Winter the *Leaves perish*) divers rough hard stalks, half round and hollowish, or flat on the other side, two foot high, having divers branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the edges as the former. From the top of some of these stalks grow forth a long bush of small, and more yellowish green, scaly, Aglets, as it were set in the same manner on the stalks as the Leaves are, which accompanied the flowers and seeds. The Root is rough, thick, and scabby,

with a white pith in the middle, which is called the Heart thereof.

Place. It groweth on Moors, Bogs, and watery places in many parts of this Land.

Time. It is green all the Summer, and the Root only [illegible] in Winter.

Government and Vertues. *Saturn* owns the Plant. The [illegible] the Vertues mentioned in the former Ferns, and is much more [illegible] than they both for inward and outward Griefs, and is accounted singular good in Wounds, Bruises, or the like. The Decoction to be drunk, or boyled into an Ointment, or Oyl, as a Balsome or Balm, is so is it singular good against Bruises, and Bones broken or out of Joynt, and giveth much ease to the Cholick, and Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Root in white Wine, provokes Urine exceedingly, and cleanseth the Bladder and passages of Urine.

Wounds, Bruises, broken Bones, Cholick, Spleen, Ruptures.

Featherfew.

Descript. *Common Featherfew hath many large, fresh, green Leaves, very much torn or cut on the edges. The stalks are hard and round, set with many such like Leaves, but somewhat smaller, and at the tops stand many single flowers upon small footstalks, consisting of many small white Leaves standing round about a yellow thrum in the middle. The Root is somewhat hard and short, with many strong fibres at it. The scent of the whole Plant is very strong, and stuffing, and the taste very bitter.*

Place. This grows wild in some places of this Land, but it is for the most part nourished in Gardens.

Time. It flowreth in the Moneths of *June* and *July*.

Government and Vertues. *Venus* commands the Herb, and hath commanded it to succour her Sisters [*Women*] and to be a general strengthener of their Wombs, and remedy such Infirmities as a careless Midwife hath there caused, if they will but be pleased to make use of her Herb boyled in white Wine, and drink the decoction, it cleanseth the Womb, expelleth the After-birth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tell them, if they please, they may make a Syrup of it in Summer. It is chiefly used for the Diseases of the Mother, whether it be the strangling or rising of the Mother, or Hardness, or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flowers in Wine with a little Nutmeg or Mace put therein, and drunk often in a few days, is an approved Remedy to bring down Womens Courses speedily, and helpeth to expel the dead Birth and After-birth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water or Wine, is effectual also for the same, and in some cases, to apply the boyled Herb warm to the privy parts. The Decoction thereof made with some Sugar or Honey put thereto, is used by many with good success, to help the Cough, and stuffing of the Chest by cold; as also to cleanse the Reins,

Mother, Womb, Terms provoke, Dead Birth, After-birth, Cough, Reins, Bladder,

d Bladder, and helps to expel the stone in them. The Powder Choler,
the herb taken in Wine, with some Oxymel, purgeth both Flegm,
Choler and Flegm, & is available for those that are short win- Melan-
ed, and are troubled with Melancholy, and heaviness of sad- choly,
ss of Spirits. It is very effectual for all pains in the head co- Sadness,
ing of a cold cause, the herb being bruised, and applyed to the Head-ach,
own of the head: as also for the Vertigo, that is, a turning Ague,
swimming of the head. The Decoction thereof drunk warm, Deformity
d the herb bruised with a few corns of Bay-salt, and applyed of the Skin,
the wrists before the coming of the Ague-fits, doth take them Wind-
way. The distilled water taketh away Freckles, and other spots Cholicks,
d deformities in the Face. The herb bruised and heated on a Opium.
ile, with some Wine to moisten it, or fryed with a little Wine
d Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth
e Wind and Cholick in the lower part of the Belly. It is an especial Re-
dy against Opium taken too liberally.

Fennel.

Very Garden affordeth this so plentifully, that it needeth no Descript.
Government and Vertues. One good old fashion is not yet let off, viz.
o boyl Fennel with Fish; for it consumes that flegmatick humor which
h most plentifully affords & annoys the body by, therefore it is a most fit
erb for that purpose, though few that use it, know why or wherefore they
o it. I suppose the reason of its benefit this way is, because it is an herb of
ercury, and under *Virgo*, and therefore bears Antipathy to
isces. *Fennel* is good to break wind, to provoke urine, and Wind, Dis-
e the pains of the Stone, and help to break it. The leaves ease, Stone, increa-
eeds boyled in Barly-water & drunk, are good for Nur- seth Milk,
s to increase their Milk, and make it more wholsome for amends Milk,
Child. The leaves or rather the seed boyled in water, Hiccough, Loa-
ayeth the Hiccough, and taketh away the loathing which thing of Meat,
metimes hapneth to the Stomachs of sick and feaverish venomous Beasts
rsons, and allayeth the heat thereof. The seed boyled in Poysons, Mush-
ine and drunk, is good for those that are bitten with Ser- roms, Obstructi-
ents, or have eaten poysonful Herbs or Mushroms. The ons in the Li-
ed & the Root much more helpeth to open Obstructions ver, Spleen, and
the Liver, Spleen and Gall, and thereby helpeth the Gall, yellow
inful and windy swellings of the Spleen, and the yellow Jaundice, Gout,
undice; as also the Gout and Cramps. The seed is of Cramp, Wheez-
d use in medicines to help shortness of breath & whee- ing, Terms
by stopping of the Lungs. It helpeth also to bring provokes, after-
n the Courses; & to cleanse the parts after delivery. The delivery, cleareth,
oots are of most use in Physick Drinks and Broths that open, Fatness,
e taken to cleanse the blood, to open Obstructions of the Eyes.
ver, to provoke urine, & amend the ill colour in the face
ter sickness, and to cause a good habit through the body. Both Leaves,

Seeds, and Roots thereof are much used in Drinks or Broths, to make people more spare and lean that are too fat. The distilled Water of the whole herb, or the condensate Juice dissolved, but especially the natural Juice that in hot Countreys issued out thereof of its own accord, dropped into the Eyes, cleanseth them from mists & films that hinder the sight. The sweet Fennel is much weaker in Physical uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its dryness.

Sow-Fennel, *or* Hogs-Fennel.

BEsides the common Name in English, Hogs-Fennel, and the Latine name *Peucedanum*, it is called Hoar-strange, and Hoar-strong, Hog-phur-wort, and Brimstone-wort.

Descript. *The common* Sow-Fennel *hath divers branched stalks of thick somewhat long Leaves, three for the most part joyned together at a place, which riseth a crested straight stalk, less than Fennel, with some joints there and Leaves growing thereat, and towards the top some branches issuing thence: likewise on the tops of the stalks and branches, stand divers tufts yellow flowers, where after grow somewhat flat, thin, and yellowish seed, less than Fennel-seed. The Root groweth great and deep, with many other parts fibres about them, of a strong scent like hot Brimstone, and yielding forth a yellish milky or clammy juice, almost like a Gum.*

Place. It groweth plentifully in the salt low Marshes, near by Feversham in *Kent*.

Time. It flowreth and seedeth in *July* and *August*.

Government and Vertues. This also is an Herb of *Mercury*. The Juice of Sow-Fennel (saith *Dioscorides* and *Galen*) used with Vinegar and Rose-water, or the juice with a little Euphorbium put to the nose, helpeth those that are troubled with the Lethargie, Frenzie, the turning or giddiness of the Head, the Falling-sickness, sickness, long and inveterate Head-ach, the Palsie, Sciatica, and the Cramp, and generally all the diseases of the sinews used with Oil and Vinegar; The Juice dissolved in Wine, or put into an Egg, is good for the Cough, or shortness of Breath, and for those that are troubled with wind in the body. It purgeth the Belly gently, helpeth the hardness of the Spleen, giveth ease to women that have sore travel in Childbirth, and easeth the pains of the Reins and Bladder, and also the Womb. A little of the Juice dissolved in Wine & dropped into the Ears easeth much of the pains in them, and put into an hollow tooth, easeth the pains thereof. The Root is less effectual in all the aforesaid diseases: yet the Powder of the Root cleanseth foul Ulcers being put into them, and taketh out Splinters of broken bones, or such things in the flesh, and healeth them up perfectly: as also it dryeth up old and inveterate running Sores, and is of admirable Vertue in all green Wounds.

Lethargie, Frenzie, Vertigo, Falling-sickness, Head-ach, Palsie, Sciatica, Cramp, Sinews, Cough, shortness of breath, Wind, Spleen, Childbirth, Reins, Bladder, Womb, Ears, hollow Teeth, Ulcers, broken Bones, Thorn, Wounds.

FIGWO

Figwort, or Throatwort.

Descript. *Common great Figwort sendeth divers great, strong, hard, square, brown stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joynt, which are larger and harder than nettle Leaves, but not stinging: At the tops of the stalks stand many purple flowers, set in husks, which are somewhat gaping and open, somewhat like those of Water Betony: after which come hard round heads, with a small point in the middle, wherein the small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in winter.*

Place. It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time. It flowreth about *July*, and the seed will be ripe about a Moneth after the flowers are fallen.

Government and Vertues. Some Latin Authors call it *Cervicaria*, because 'tis appropriated to the Neck, and we *Throatwort*, because 'tis appropriated to the Throat. *Venus* owns the herb, and the Cœlestial *Bull* will not deny it, therefore a better Remedy cannot be for the Kings-Evil, because the *Moon* chiefly rules the Disease, is exalted there, nor for any Disease in the Neck, the most of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, *Congealed blood by wound, bruise or fall, Kings-Evil, wens, Hemorrhoids, fundament, ulcers, scurf, spots, freckles, deformity, leprosie.* dissolveth clotted and congealed Blood within the body; coming by any Wound, Bruise or Fall; and is no less effectual for the Kings-Evil, or any other Knots, Kernels, Hunches or Wens growing in the flesh whersoever; & for the Hemorrhoids, or Piles; or other Knobs or Kernels, which sometimes grow about the Fundament. An Ointment made hereof, may be used at all times when the fresh herb cannot to be had. The distilled Water of the whole Plant, Roots and all, is used for the same purposes, and dryeth up the superfluous virulent moisture of hollow and corroding Ulcers: It taketh away all redness, spots, and freckles in the Face, as also the Scurf, or any foul Deformity t..... , and the Leprosie likewise.

Filipendula, or Dropwort.

Descript. *This sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Pansie or rather Agrimony, but harder to handling; among which rise up one or more stalk, two or three foot high, with the leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling flowers, consisting of five Leaves apiece, with some threeds in the middle of them standing together in a tuft or tassel, each upon a small footstalk, which after they have been*

open and blown a good while, do fall away, and in their places appear small round, chaffie Heads like Buttons, wherein are the chaffie seed set and pl... The Root consists of many small, black, tuberous pieces, fastned together by ... small, long, blackish strings, which run from one to another.

Place. It groweth in many places of this Land, in the Corners of ... Fields and Meadows, and their Hedge-sides.

Time. They flower in *June* and *July*, and their seed is ripe in *August*.

Government and Vertues. It is under the Dominion of *Venus*, and is ve... effectual to open the Passages of the urine, and helpeth ... Strangury, and all other pains of the Bladder & Reins, help... mightily to expel the Stone in the Kidneys or Bladder, and ... Gravel also, and these are done by taking the Roots in Pow... or a Decoction of them in white Wine, whereunto a little H... ney is added. The same also helpeth to expel the after-birth. T... Roots made into Powder, and mixed with Honey into the f... of an Electuary, doth much help them whose stomachs are sw... len, dissolving & breaking the wind which was the cause th... of, & is also very effectual for all Diseases of the Lungs, as sh... ness of breath, wheesing, hoarsness of the throat, and the Co... and to expectorate tough flegm, or any other parts thereab... It is called *Dropwort*, because it helps such as piss by drops.

Disury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheesing, Hoarsness, Cough, Flegm.

The Fig-Tree.

FOr to give a Description of a Tree so well known to every body ... keeps it in their Garden, were needless. They prosper very well in ... English Gardens: yet are fitter for Medicine than for any other profit wh... is gotten by the fruit of them.

Government and Vertues. The Tree is under the Dominion of *Jupi...* The Milk that issueth out from the Leaves or Branches when they are b... ken off being dropped upon Warts, takes them away. T... Decoction of the Leaves of a Fig-tree is excellent good ... wash sore heads withal; neither is there scarcely a be... Remedy for the Leprosie than it is. It clears the face a... of Morphew, & the body of white Scurf, moist Scabs, ... running Sores; if it be dropped into old fretting Ulcers, ... cleanseth out the moisture, & bringeth up the flesh: bec... you cannot have the Leaves green all the year, you m... make an Ointment of them whilst you may. A decoction ... the leaves being drunk inwardly, or rather a Syrup made ... them, dissolves congealed blood caused by Bruises or Fa... and helps the bloody-flux. The ashes of the wood m... into an Ointment with Hogs-grease, helps Kibes and Ch... blains. The juice being put into a hollow tooth, ea... pain, as also pain and noise in the Ears being dropped i... them, and deafness. An Ointment made of the juice ... Hogs-grease, is as excellent a Remedy for the biting ...

Warts, Head sore, Leprosie, Morphew, Scurf, Scabs, Sores, ulcers, Blood congealed caused by Bruises or Falls, Bloody-flux, Kibes, Chilblains, Tooth-ach, noise in the Ears, Deafness, biting, of mad Dogs, venomous Beasts, Cough, Hoarsness, shortness of

and Dog, or other venomous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarsness, or shortness of Breath, and all Diseases of the Brest and Lungs: It is also excellent good for the Dropsie, and Falling-sickness. They say that the Fig-tree as well as the Bay-tree is never hurt by Lightning; as also that a Bull if he be never so mad, if you tie him to a Fig-tree, will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igloticks; yet some Authors say the eating of them makes people Lousie.

Breath, Brest, Lungs, Dropsie, Falling-sickness, Lice.

The yellow Water-flag, *or* Flower-de-luce.

Descript. *THis groweth like the* Flower-de-luces, *but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the* Flower-de-luce *with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the* Flower-de-luce *hath, this hath only three short pieces standing in their places; after which succeed thick and long three square Heads, containing in each part somewhat big and flat seed, like to those of the* Flower-de-luces, *the Root is long and slender, of a pale brownish colour on the out-side, and of a horse-flesh colour on the in-side, with many hard fibres thereat, and very harsh in taste.*

Place. It usually grows in watry Ditches, Ponds, Lakes, and Moor-sides, which are alwaies overflown with Water.

Time. It flowreth in *July*, and the seed is ripe in *August*.

Government and Vertues. It is under the Dominion of the *Moon*. The Root of this Water-flag is very astringent, cooling, and drying; and thereby helpeth all Lasks and Fluxes, whether of blood or humors, as bleeding at mouth, nose, or other parts, bloody fluxes, and the immoderate flux of Womens Courses. The distilled Water of the whole Herb, Flowers and Roots, is a Sovereign good Remedy for watring Eyes, both to be dropped into them, and to have cloaths or spunges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts: The said Water fomented on swellings and hot inflammations of Womens sore Brests, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere. An Ointment made of the Flowers, is better for these external applications.

Breath, Cools, Dries, Flux, Bloody-flux, Bleeding, Terms stops, Eyes, Spots, Blemishes, Inflammations, Sore Brests, Cankers, ulcers, Noli me tangere.

Flax-weed, or Toad-flax.

Description. *Our common* Flax-weed *hath divers Stalks full fraught with long and narrow blue or ash-colour'd Leaves, and*

from the middle of them almost upward, stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place. This groweth throughout this Land, both by the way-sides in Meadows, as also by Hedge-sides, and upon the sides of banks and Borders of Fields.

Time. It flowreth in Summer, and the seed is ripe usually before the end of *August*.

Government and Vertues. *Mars* owns the Herb: In *Sussex* we call it *Gall-wort*, and lay it in our Chickens water to cure them of the Gall, I think; I am sure it relieves them when they are drooping. This is frequently used to provoke Urine being stopped, and to spend the abundance of those watry humors by Urine, which cause the Dropsie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the yellow Jaundice, expelleth poyson, provoketh Womens Courses, driveth forth the dead Child, and after-birth. The distilled Water of the Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the seeds, or Bark of the Root of Walwort, and a little Cinnamon for certain dayes together, is held a singular Remedy for the Dropsie: The Juice of the Herb, or the distilled Water dropped into the Eyes, is a certain Remedy for all hear, inflammations and redness in them. The juice or water put into foul Ulcers whether they be cancerous or Fistulous, with tents rouled therein, or parts washed or injected therewith, cleanseth them throughly from the bottom and healeth them up safely. The same Juice or Water also cleanseth the skin wonderfully of all sorts of deformity thereof, as Leprosie, Morphew, Scurf, Wheals, Pimples, or any other spots or marks in the skin, applied of it self, or used with some Powder of Lupines.

Gall-wort, Dissury, Dropsie, Obstruction of the Liver, Yellow Jaundice, Dead Child and After-birth, Inflammations, Eyes, Ulcers, Cancers, Fistulaes, Leprose, Scabs, Pimples, Freckles.

Fleawort.

Descript. *Ordinary* Fleawort *riseth up with a stalk two foot high, or more, full of joynts and branches on every side up to the top, and at every joynt two small, low, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy Heads, out of which came forth small whitish yellow threeds, like to those of the* Plantane *Herbs, which are the bloomings or flowers. The seed inclosed in those heads, is small and shining while it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own seed for diverse years, if it be suffered to seed: The whole Plant is somewhat whitish and hairy, smelling somewhat like Rozin.*

Ther

There is another sort hereof differing not from the former in the manner of growing, but only that his stalk and branches being somewhat greater, do a little more bow down to the ground: The Leaves are somewhat larger, the heads somewhat lesser, the seed alike; and the Root and Leaves abide all the winter, and perish not as the former.

Place. The first groweth only in Gardens, the second plentifully in Fields that are neer the Sea.

Time. They flower in *July*, or thereabouts.

Government and Vertues. The Herb is cold, dry and Scorbutine. I suppose it obtained the name Fleawort, because the seeds are so like Fleas. The seed fryed, and so taken, stayeth the Flux or Lask of the Belly, and the corrosions that come by reason of hot cholerick or sharp and malignant humors, or by the too much purging of any violent Medicine, as Scammony, or the like. The Muscilage of the seed made with Rose-water, and a little Sugar-Candy put thereto, is very good in all hot Agues and burning Feavers, and other Inflammations to cool the thirst, and lenifie the drineſs and roughneſs of the Tongue and Throat. It helpeth also hoarseness of the voice, and diseases of the Breast and Lungs caused by heat, or sharp salt humors, and the Pleurisie also. The Muscilage of the Seed made in *Plantage* Water, whereunto the yolk of an Egg or two, and a little *Populeon* is put, is a most safe and sure Remedy to ease the sharpness, prickings, and pains of the Hemorrhoids or Piles, if it be laid on a cloth and bound thereto. It helpeth also all Inflammations in any part of the Body, and the pains that come thereby, as the Head-ach and Megrim, and all hot Imposthumes or Swellings, or breakings out of the skin, as Blains, Wheals, Pushes, Purples, and the like; as also the pains of the Joynts, and of those that are out of joynt, the pains of the Gout and Sciatica, the bursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Brests of Women, being often applied thereunto. The Juice of the herb with a little honey put into the Ears, helpeth the running of them, and the Worms breeding in them: The same also mixed with Hogs-Grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

Flux, Corrosion, Choler, hot humors, Agues, Fevers, Inflammation, Thirst, Hoarseness, Salt humors, Pleurisie, Hemorrhoids, Head-ach, Megrim, Impostbumes, Blains, wheals, Pushes, Purples, Gout, Joynts, Sciatica, Nipples, Sore brests, Ears, worms, Ulcers.

Flixweed.

Descript. *Thriſteth up with a round upright hard stalk, four or five foot high, spread into sundry branches, whereon grow many greish green Leaves very finely cut and severed into a number of slot and almost round parts. The flowers are very small and yellow, growing spike-fashion, after which come very small long Pods, with very small yellowish seeds in them.*

blown. The Root is long and woody, perishing every year.

There is another sort differing in nothing, save only it hath somewhat broader Leaves: They have a strong evil savour being smelt unto, and are of a drying taste.

Place. They grow wild in the Fields by Hedge-sides, and High-waies, and among rubbish, and many other places.

Time. They flower and seed quickly after, namely in *June* and *July*.

Government and Vertues. This Herb is Saturnine also. Both the Herb and seed of *Flixweed*, is of excellent use to stay the Flux or Lask of the Belly, being drunken in Water wherein gads of steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfry, and to restrain any other flux of Blood in Man or Woman, as also consolidate Bones broken, or out of joynt. The juice thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers: and made into a Salve, doth quickly heal all old Sores, how foul or malignant soever they be. The distilled Water of the Herb worketh the same effects, although somewhat weaker, yet is a fair Medicine, and more acceptable to be taken.

Flux, Bleeding, Bloody-Flux, Terms stops, Broken Bones, Members disjointed, Worms, Sores, Ulcers.

It is called *Flixweed*, because it cures the flux, and for its uniting broken Bones, &c. *Paracelsus* extols it to the Skies. It is fitting Syrups, Ointments, and Plaisters of it, were kept in your Houses.

Flower-de-luce.

IT is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

Time. The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in *April*, the greater sorts in *May*.

Government and Vertues. The Herb is Lunar. The Juice or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little honey drunk, doth purge and cleanse the stomach of grosse and tough Flegm and Choler therein; it helpeth the Jaundice, and the Dropsie, by evacuating those humors both upwards and downwards, and because it somewhat hurteth the stomach, is not to be taken with Honey and Spikenard. The same being drunk, doth ease the pains and torments of the Belly and sides, the shaking of Agues, the Diseases of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold humors; it also helpeth those whose seed passeth from them unawares: It is a Remedy against the bitings and stingings of venomous Creatures, being boyled in Water and Vinegar, and drunk: Being boyled in Wine and drunk, it provoketh Urine, helpeth the

Stomach, Flegm, Choler, Jaundice, Dropsie, Belly, sides, Agues, Liver, Spleen, Stone, Convulsions, Cramp, venomous beasts, Dissury,

the Cholick, bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough flegm: It much easeth pains in the Head, and procureth sleep: Being put into the Nostrils, it procureth sneezing, and thereby purgeth the Head of flegm: The Juice of the Root applyed to the Piles or Hemorrhoids, giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking breath. Oyl called *Oleum Iridinum*, if it be rightly made of the great broad flag *Flower-de-luce* (and not of the great bulbous blew *Flower-de-luce*, as it is used by some Apothecaries) and Roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold joynts and sinews, as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumors or swellings in any part of the Body, as also of the Matrix: It helpeth the Cramp or Convulsion of the sinews: the Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum distilling from thence; and used upon the Breast or Stomach, helpeth to extenuate the cold tough Flegm: It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green, or in powder, helpeth to cleanse, heal, and incarnate Wounds, and to cover the naked bones with Flesh again; that Ulcers have made bare; and it is also very good to cleanse and heal up Fistulaes and Cankers that are hard to be cured.

Cholick, Terms provoked, Cough, sore-ring, Hemorrhoids, Tooth-ach, Joynts, Sinews, Gout, Sciatica, Womb, Rheum, Breast, Wounds, Ulcers, Fistulaes, Canker.

Fluellin, or Lluellin.

Description. IT shooteth forth many long Branches, partly lying upon the Ground, and partly standing upright, set with almost round Leaves, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the joynts all along the Stalks, and with the Leaves come forth small Flowers, one at a place, upon a very small short Foot-stalk, gaping somewhat like Snap-dragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purplish, with a small heel or spur behind; after which come forth small round heads containing small black seed. The Root is small and threddy, dying every year, and raiseth it self again of its own sowing.

There is another sort of Fluellin which hath longer Branches, wholly trailing upon the ground, two or three foot long, and sometimes more thinner set with Leaves thereon, upon small Footstalks. The Leaves are little larger and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were Ears, somewhat hairy, but not hoary, and of a better green colour than the former: The flowers come forth like the former, but the colours therein are more white than they, and the purple not so fair: It is a larger flower, and so are the seed, and seed vessels. The Root is like the other, and perisheth every year.

Place.

Place. They grow in divers Corn-Fields, and in Borders about them, and in other fertil grounds, about *Southfleet* in *Kent* abundantly, at *Butsmirth*, *Hamerton*, and *Richmersworth* in *Huntingdon-shire*, and in divers other places.

Time. They are in flower about *June* and *July*, and the whole Plant is dry and withered before *August* be done.

Government and Vertues. It is a Lunar Herb. The Leaves bruised and applyed with Barly-meal to watering Eyes that are hot and inflamed by defluxions from the head, do very much help them, as also the fluxes of Blood or Humors, as the Lask, Bloody flux, Womens Courses, & stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening: and is no less effectual both to heal and close green wounds, as to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Eyes, Flux, Bloody Flux, Terms stop't, wounds, Ulcers, Cankers.

Bees are industrious, and go abroad to gather honey from each Plant and Flower; but Drones lye at home, and eat up what the Bees have taken pains for: Just so do the Colledge of Physitians lie at home, and domineer, and suck out the sweetness of other mens Labours and Studies, themselves being as ignorant in the knowledge of Herbs as a Child of four years old, as I can make appear to any rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide knowledge from their Country men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, mens Bodies were better in healthby far than now they are, or shall be, if the Colledge can help it. The truth is, this Herb is of a fine cooling, drying quality, and an Ointment or Plaister of it, might do a man a Courtesie that hath any hot virulent Sores; 'tis admirable for the Ulcers of the French Pox, if taken inwardly, may cure the Disease. It was at first called Female Speedwel, but a Shentleman of *Wales*, whose Nose was almost eaten off with the Pox, and so neer the matter, that the Doctors commanded it to be cut off, being cured only by the use of this Herb, to honour the herb for saving her Nose whole, gave it one of her Country Names, *Llullin.*

Foxglove.

Descript. *It hath many long and broad Leaves lying upon the ground, dented about the edges, a little soft or woolly, and of a hoary grey colour, among which riseth up sometimes sundry Stalks, but every ofter bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having some Seeds also in the middle, from whence rise round heads pointed sharp at the*

end

ends, wherein small brown seed lieth. The Roots are full many small Fibres, and some greater strings among them: The flowers have no scent, but the Leaves have a bitter hot taste.

Place. It groweth on the dry sandy grounds for the most part, and as well on the higher as lower places under Hedge-sides in almost every Countrey of this Land.

Time. It seldome flowreth before *July*, and the seed is ripe in *August*.

Government and Vertues. The Plant is under the Dominion of *Venus*, being of a gentle cleansing Nature, and withal very friendly to Nature. The Herb is familiarly and frequently used by the *Italians* to heal any fresh or green Wound, the Leaves being but bruised and bound thereon; and the Juice thereof is also used in old Sores, to cleanse, dry, and heal them. The Decoction hereof made up with some Sugar or Honey, is available to cleanse and purge the body both upwards and downwards, and sometimes of tough flegm, and clammy humors, and to open obstructions of the Liver and Spleen. It hath been found by experience to be available for the Kings-evil, the herb bruised and applied, or an Ointment made with the Juice thereof, and so used: and a Decoction of two handfuls thereof with four Ounces of Polipody in Ale, hath been found by late experience to cure divers of the Falling-sickness, that have been troubled with it above twenty years.

Wounds, Cleanse, dry, Heat, Obstructions of the Liver and Spleen, Kings-evil, Falling-sickness, Scabby Head.

My self am confident that an Ointment of it is one of the best Remedies for a Scabby head that is.

Fumitory.

Description. *Our common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak stalk, and leaning downwards on all sides many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather blewish, seagreen colour: At the tops of the Branches stand many small flowers, as it were in a long spike one above another, made like little Birds of a reddish purple colour with whitish Bellies: after which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juice while it is green, but quickly perish with the ripe Seed: In the Corn-Fields in* Cornwall *this beareth white flowers.*

Place. It groweth in Corn-fields almost every where as well as in Gardens.

Time. It flowreth in *May* for the most part, and the seed ripeneth shortly after.

Government and Vertues. *Saturn* owns the Herb, and presents it to the World as a Cure for his own Diseases, and strengthener of the parts of the Body he rules: If by thy Astrological judgement of Diseases, from the Decumbiture, you find *Saturn* Author of the Disease, or if by direction from a Nativity you fear a Saturnine Disease approaching, you may by this

this Herb prevent it in the one, and cure it in the other: and therefore 'tis fit you keep a Syrup of it always by you. The Juice or Syrup made thereof, or the Decoction made in whey by it self, with some other purging or opening Herbs and Roots to cause it to work the better (it self being but weak) is very effectual for the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from saltish, Cholerick, and Adust humors, which cause Leprosie, Scabs, Tetters, and Itches, and such like breakings out of the Skin, and after the purging, doth strengthen all the inward parts: It is good also against the yellow Jaundice, and spendeth it by Urine, which it procureth in abundance. The Powder of the dried Herb given for some time together, cureth Melancholly, but the Seed is strongest in operation for all the former Diseases. The distilled water of the Herb is also of good effect in the former Diseases, and conduceth much against the Plague and Pestilence, being taken with good Treacle. The distilled water also, with a little water and Honey of Roses, helpeth all the sores of the Mouth or Throat, being gargled often therewith. The Juice dropped into the Eyes, cleareth the sight, and taketh away redness, and other defect in them, although it procure some pain for the present, and cause Tears. *Dioscorides* saith, It hindreth any fresh springing of hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the juice hereof with Gum *Arabick* dissolved therein. The juice of Fumitory and Docks mingled with Vinegar, and the places gently washed or wet therewith, cureth all sorts of Scabs, Pimples, Botches, Wheals, Pushes, which arise on the Face or Hands, or any other part of the Body.

Liver, Spleen, Choler, Adust Melancholly, Madness, Forgetfulness, Jaundice, yellow and black, Pestilence, Sore Mouth and Throat, Eyes, Hairs, Scabs, Itch, Pimples, Wheals

The Furz-Bush.

IT is so well known, as well by this Name, as in some Countreys by the Name of *Gors* or *Whins*, that I shall not need to write any Description thereof, my intent being to teach my Countrey-men what they know not, rather than to tell them again of that which is generally known before.

Place. They are known to grow on dry barren Heaths, and other waste gravelly or sandy Grounds in all Countreys of this Land.

Time. They also flower in Summer Moneths.

Government and Vertues. *Mars* owns the Herb. They are hot and dry, good to open Obstructions of the Liver and Spleen. A Decoction made with the flowers thereof, hath been found effectual against the Jaundice, as also to provoke Urine, and cleanse the kidneys from gravel or stones ingendred in them. *Mars* doth all this by Sympathy.

Obstructions, Liver, Spleen, Yell. Jaundice, Dissury, Gravel, Stone.

GARLICK.

Garlick.

THe offensiveness of the breath of him that hath eaten Garlick, will lead you by the Nose to the knowledge hereof, and (instead of a Description) direct you to the place whence it groweth in Gardens, which kind are the best, and most Physical.

Government and Vertues. *Mars* owns this Herb. This was anciently accounted the Poor mans *Treacle*, it being a remedy for all Diseases or hurts (except those which it self breeds): It provoketh Urine and Womens Courses, helpeth the biting of Mad dogs, and other Venomous Creatures: killeth Worms in Children, cutteth, and avoideth tough flegm, purgeth the Head, helpeth the Lethargy, is a good preservative against, & a remedy for any Plague-sore, or fowl Ulcer: taketh away spots and blemishes in the Skin, easeth pains of the ears, ripeneth & breaketh Impostumes, or other swellings: And for all those Diseases, the Onions are also effectual. But the Garlick hath some more peculiar Vertues besides the former, *viz.* It hath a special quality to discuss inconveniences coming by corrupt Agues or Mineral vapours, or by drinking corrupt and stinking Waters; as also by taking of Wolf-bane, Hen-bane, Hemlock, or other poysonful and dangerous Herbs. It is also held good in Hydropick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold Diseases.

urine, Terms provokes, mad Dogs, venomous Beasts, Worms, Lethargy, flegm, Pestilence, Apostems, mineral vapours, stinking Waters, Henbane, Hemlock, Wolfbane, Dropsie, Cramps, Convulsions, Falling-sickness.

Many Authors quote many Diseases this is good for, but conceal its Vices: Its heat is very vehement, and all vehement hot things send up but ill-favour'd vapors to the Brain: in Cholerick men 'twill add fuel to the fire, in men oppressed by Melancholly, 'twill attenuate the Humor, and send up strong Fancies, and as many strange Visions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea: yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, Why English Herbs should be fittest for English Bodies, hath been proved by the experience of divers Physitians to be not a whit inferior in Vertue to that which cometh from beyond Sea: therefore be pleased to take the Description of them as followeth.

Descrip. *The greater of the two hath many small long Roots thrust down deep in the ground, and abiding all the Winter. The stalks are sometimes more, sometimes fewer, of a brownish green colour, which is sometimes two foot high, if the ground be fruitful, having many long, narrow, dark green Leaves set by couples up to the top: the flowers are long and hollow, of a purple colour, ending in* 5 *corners.* The

The smaller sort which is to be found in our Land, groweth up with sun[illegible] stalks not a foot high, parted into several small branches, whereon grow div[illegible] small Leaves together, very like those of the lesser Centaury or whi[illegible] green colour; on the top of the stalks grow divers perfect blue flowers, stand[illegible] in long husks, but not so big as the other: The Root is very small, and full [illegible] thred.

Place. The first groweth in divers places of both the East and We[illegible] Countreys, and as well in wet as in dry grounds, as neer *Long-field* [illegible] *Gravesend*, near *Cobham* in *Kent*, near *Lellingstone* in *Kent*, also in a chal[illegible] pit hard by a Paper-mill not far from *Dartford* in *Kent*.

The Second groweth also in divers places in *Kent*, as about *South-fle[illegible]* and *Longfield* upon *Barron hills* in *Bedford-shire*: also not far from St. *Alb[illegible]* upon a piece of waste chalky ground as you go out of *Dunstable-way* to[illegible] *Gorhambury*.

Time. They flower in *August*.

Government and Vertues. They are under the Dominion of *Mars*, [illegible] is one of the principallest Herbs he is Ruler of. They resist Putrifacti[illegible] Poyson, Pestilence: neither can a more sure Remedy [illegible] found to prevent the Pestilence than it is. It strengthens [illegible] stomach exceedingly, and helps digestion, it preserves [illegible] heart, and preserves it against fainting and swooning; Th[illegible] Powder of the dry Roots helps the biting of mad Dogs, [illegible] Venomous Beasts, opens Obstructions of the Liver, [illegible] restoreth an appetite of their meat to such as have lost [illegible] The herb steeped in Wine, and the Wine drunk, refresh[illegible] such as be over-weary with Travel, and are grown lame [illegible] their joynts either by cold or evil lodgings: It helps stitch[illegible] and griping pains in the Sides: and is an excellent Reme[illegible] for such as are bruised by Falls: It provokes Urine, and [illegible] Terms exceedingly, therefore let it not be given to wom[illegible] with Child: The same is very profitable for such as [illegible] troubled with Cramps and Convulsions to drink the De[illegible]coction: Also they say it breaks the Stone, and helps Rup[illegible]tures most [illegible]rtainly: It is very excellent in all cold Di[illegible]eases, and fo[illegible] such as are troubled with tough Flegm, Scab[illegible] Itch, or an[illegible] fretting Sores and Ulcers: It is an admirab[illegible] Remedy [illegible] kill the Worms by taking half a dram of [illegible] Powder in the morning in any convenient Liquor, the sa[illegible] is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundice, as al[illegible] the Bots in Cattel: when Kine are bitten on the Udder [illegible] any venomous Beast, do but stroak the place with [illegible] Decoction of any of these, and it will instantly help them.

Poyson, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, Biting of mad dogs, venomous Beasts, Liver, Appetite, Weariness, Joynts, Stitches, Sides, Bruises, Urine, provokes, Cramp Convulsions, stone, Ruptures, tough Flegm, scabs, itch, sores, ulcers, Worms, Kings-Evil, Agues, Yellow-Jaundice, Bots, Venom. Beasts.

CLOV[illegible]

Clove Gilli-flowers.

IT is in vain to deſcribe an Herb ſo well known.

Government and Vertues. They are gallant fine temperate Flowers, of the Nature, and under the Dominion of *Jupiter*: yea, ſo temperate, that no excels, neither in heat, cold, drineſs, nor moiſture can be perceived in them: they are great ſtrengthners both of the Brain and Heart, and will therefore ſerve either for Cordials or Cephalicks as your occaſion will ſerve. There is both a Syrup and a Conſerve of them, made of them, and of them alone, commonly to be had at every Apothecaries; to take now and then a little of either, *Nature* ſtrengthens Nature much in ſuch as are in Conſumptions.

They are alſo excellent good in hot Peſtilent Feavers, and expel Poyſon.

Germander.

Deſcript. *COmmon Germander ſhooteth forth ſundry ſtalks with ſmall and ſomewhat round Leaves, dented about the edges. The flowers ſtand at the tops, of a deep purple colour. The Root is compoſed of divers ſtrigs which ſhoot forth a great way round about, quickly overſpreading a ground.*

Place. It groweth uſually with us in Gardens.

Time. And flowreth in *June* or *July*.

Government and Vertues. It is a moſt prevalent Herb of *Mercury*, and ſtrengthens the Brain and Apprehenſion exceedingly: (you may ſee what humane Vertues are under *Mercury* in the later end of my *Ephemeris* for 1652.) ſtrengthens them when weak; relieves them, when drooping, by this Herb. This taken with Honey (ſaith *Dioſcorides*) is a Remedy for Coughs, the hardneſs of the Spleen, and difficulty of Urine, and helpeth thoſe that are fallen into a Dropſie, eſpecially at the beginning of the diſeaſe, a Decoction being made thereof when it is green and drunk. It alſo bringeth down Womens Courſes, and expelleth the dead Child. It is moſt effectual againſt the poyſon of all Serpents, being drunk in Wine, and the bruiſed Herb outwardly applied, uſed with Honey, it cleanſeth old and foul Ulcers, and made into an Oyl, and the Eyes anointed therewith, taketh away their dimneſs and moiſtneſs. It is likewiſe good for the pains in the ſides, and Cramps. The Decoction thereof taken for ſome days together, driveth away and cureth both Tertian and Quartan Agues. It is alſo good againſt all Diſeaſes of the Brain, as continual Head-ach, Falling-ſickneſs, Melancholy, Drowzineſs and Dulneſs of the Spirits, Convulſions and Palſies. A dram of the Seed taken in Powder, purgeth by Urine, and is good againſt the yellow Jaundice. The Juyce of the leaves dropped into the Ears, killeth the Worms in them. The tops whereof when they are in flower, ſteeped twenty four hours in a draught of white Wine and drunk, killeth Worms in the Belly.

Cough, Spleen, Dyſury, Dropſie, Terms provokes, Dead Child, Poyſon, ulcers, Cramps, Agues, Falling-ſickneſs, Head-ach, Melancholy, Dulneſs of Spirit, Convulſion, Palſie, Yellow Jaundice, Worms.

Stinking Gladwin.

Descript. This is one of the kinds of *Flower-de-luces*, having divers Leaves rising from the Roots very like a *Flower-de-luce*, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk a yard high or little more, bearing three or four flowers at the top, made somewhat like the flowers of the *Flower-de-luce*, with three upright Leaves, of a dead purplish Ash-colour, with some veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the *Flower-de-luce* doth, but stand loose, or asunder from them. After they are past, there come three square hard Husks opening wide into three parts when they are ripe, wherein lie reddish seed, turning black when it hath abidden long. The Root is like that of the *Flower-de-luce*, but reddish on the outside, and whitish within, very sharp and hot in taste, of as evil scent as the Leaves.

Place. This groweth as well in Up-land grounds, as also in moist places in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nursed up in Gardens.

Time. It flowreth not until *July*, and the Seed is ripe in *August* or *September*: yet the Husks after they are ripe, opening themselves, will hold their seeds within them for two or three moneths, and not shed them.

Government and Vertues.] It is supposed to be under the Dominion of *Saturn*. It is used by many Country-people to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots, and some to make it work more gently do but infuse the sliced Roots in Ale, and some take the Leaves which serve well for the weaker Stomachs. The Juyce hereof put up into the Nose, causeth Sneezing, and draweth from the Head much corruption: and the Powder thereof doth the same. The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any griping pains in the Body or Belly, and helpeth those that have the Strangury. It is given with much profit to those that have had long Fluxes by the sharp and evil quality of humors, which it stayeth, having first cleansed and purged them by the drying & binding property therein. The Root boyled in Wine and drunk, doth effectually procure Womens Courses, and used as a Pessary, worketh the same effect, but causeth Abortion in Women with Child. Half a dram of the Seed beaten to Powder, and taken in Wine, doth speedily cause one to piss which otherwise cannot. The same taken with Vinegar, dissolveth the hardness and swellings of the Spleen. The Root is very effectual in all wounds, and especially of the head: as also to draw forth any Splinters, Thorns, broken bones, or any other thing sticking in the flesh, without ex-

Flegm, Choler, Head, Cramp, Convulsion, Gout, Sciatica, Belly-ach, Strangury, Fluxes, Term provokes, Pessary, Spleen, Wounds, Splinters, Thorn, Broken Bones, King-evil, Itch, Scabs.

sing pains, being used with a little Verdigreece and Honey, and the great Century Root. The same boyled in Vinegar, and laid upon any tumor or swelling, doth very effectually dissolve and consume them, yea even the swellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs and Sores, or Blemishes, or Scars in the skin wheresoever they be.

Blemishes in the Skin.

Golden-Rod.

Descript.] *THis riseth up with brownish small round stalks, two foot high and sometimes more, having thereon many narrow and long dark green Leaves, very seldom with any dents about the edges, or any strakes or white spots therein, yet they are sometimes so found, divided at the tops into many small branches, with divers small yellow flowers on every one of them, all which are turned one way, and being ripe, do turn into Down, and are carried away with the wind. The Root consists of many small fibres which grows not deep in the ground, but abideth all the winter therein, shooting forth new branches every year, the old one dying down to the ground.*

Place.] It groweth in the open places of Woods, and Copses both moist and dry Gounds in many places of this Land.

Time.] It groweth about the month of *July*.

Government and Vertues.] *Venus* claims the Herb, and therefore to be sure, it restores Beauty lost. *Arnoldus de villa nova* commends it much against the stone in the Reins and Kidnies, and to provoke Urin in abundance, whereby also the Gravel or Stone may be avoided. The decoction of the herb green or dry, or the distilled water thereof is very effectual for inward Bruises: as also to be outwardly applied, it stayeth bleeding in any part of the body, and of wounds also, the fluxes of humors, the Bloody-flux, and Womens Courses: and is no less prevalent in all Ruptures or Burstings, being drunk inwardly and outwardly applied. It is a Soveraign Wound Herb, inferior to none, both for inward and outward hurts, green Wounds, and old Sores, and Ulcers are quickly cured therewith. It is also of especial use in all Lotions for Sores, or Ulcers in the Mouth, Throat or Privy-parts of Man or Woman. The Decoction also helpeth to fasten the teeth that are loose in the Gums.

Beauty lost, Stone, Gravel, Dysury, Wounds, Flux, Bloody-Flux, Terms stops, Ruptures, Ulcers, Sore Mouth and Throat, Teeth loose.

Gout-wort, or Herb-Gerrard.

Descript.] *IT is a low Herb seldom rising half a yard high, having sundry Leaves standing on brownish green stalks by threes, [illegible] about, and of a strong unpleasant savor. The tembles of Flowers are whi[illegible] the Seed blackish, the Root runneth in the ground, quickly taking up a great deal of room.*

Place. It groweth by Hedg and Wall-sides, and often in the Borders or Corners of Fields, and in Gardens also.

Time. It flowreth and seedeth about the end of *July*.

Government and Vertues. *Saturn* rules it: neither is it to be supposed *Gratiola* had its name for nothing, but upon Experience to help the cold Gout, and Sciatica; as also Joynt-aches, and other cold Griefs. The very bearing of it about one, easeth the pains of the *Sciatica*, *Joynts*. Gout, and defends him that bears it from the disease.

Gromel.

OF this I shall briefly describe three kinds, which are principally used in Physick, the Vermes whereof are alike, though somewhat different in their manner and form of growing.

Description. The *greater Gromel* groweth up with slender, hard and hairy stalks trailing and taking Root in the ground as it lieth thereon, and parted into many other smaller branches with hairy dark green Leaves thereon. At the Joynts with the Leaves come forth very small blew Flowers, and after them hard stony roundish seed. The Root is long and woody, abiding the Winter, and shooting forth fresh stalks in the Spring.

The *small wild Gromel* sending forth divers upright hard branched stalks two or three foot high, full of Joynts, at every of which groweth small long hard and rough Leaves like the former, but lesser: among which Leaves come forth small white flowers, and after them grayish round seed like the former: the Root is not very big, but with many strings thereat.

The *Garden Gromel* hath divers upright slender, woody, hairy stalks brown and cressed, very little branched, with Leaves like the former, and white Flowers, after which in rough brown husks is contained a white hard round seed, shining like Pearls, and greater than either of the former: The Root is like the first described with divers branches and strings thereat, which continued (as the first doth) all Winter.

Place. The two first grow wild in barren or untilled places, and by the Way-sides in many places of this Land. The last is a Nurseling in the Gardens of the Curious.

Time. They all flower from *Midsummer* unto *September* sometimes, and in the mean time the seed ripeneth.

Government and Vertues. The Herb belongs to Dame *Venus*, and therefore if *Mars* cause the Chollick or Stone, as usually he doth, if in *Virgo*, this is your Cure. These are accounted to be of so singular force as any other Herb or Seed whatsoever to break the Stone, and the *Gravel*, avoid it and the Gravel either in the Reins or Bladder, as also to *Strangury*, provoke Urine being stopped, and to help the Strangury. The *Travel in* Seed is of greatest use, being bruised and boyled in white Wine *Womb*. or in Broth, or the like, or the Powder of the Seed taken therein, two drams of the Seed in Powder taken with VVomens Breast-Milk, is very effectual to procure a speedy delivery to such women as have sore pains in their travel, and cannot be delivered. The Herb it self (when the seed is not to be had) either boyled, or the Juyce thereof drunk is effectual to all the purposes aforesaid, but not so powerful as [illegible]

Goosberry Bush

CAlled also Feap-berry, and in *Sussex* Dew-berry Bush, and in some Countries, Wine-berry.

Government and Vertues.] They are under the Dominion of *Venus*. The Berries whilst they are unripe, being scalded or baked, are good to stir up a fainting or decaying Appetite, especially such whose stomachs are afflicted by Choleriek humors, they are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the Tree, cools hot Swellings and Inflammations; as also St. Anthonies fire. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent heat both of the Stomach and Liver. The young and tender Leaves break the Stone and expel Gravel both from the Kidnies and Bladder. All the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

Appetite, Stomach, Longing, Swelling, Inflammation, St. Anthonies fire, Stomach, Liver, Stone, Gravel, Worms

Winter-Green.

Descript. THis sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Footstalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-tree; from whence ariseth a slender weak stalk, yet standing upright bearing at the top many small white and sweet smelling flowers, laid open like a Star, consisting of five round pointed Leaves with many yellowish thrids standing in the middle about a green head, and a long stile with them, which in time groweth to be the Seed-vessel, which being ripe, is found five square with a small point in it, wherein is contained seed as small as dust.

Place.] It groweth seldom in Fields, but frequent in the Wood-Northwards, viz. in *Yorkshire*, *Lancashire*, and *Scotland*.

Time.] It flowreth about *June* or *July*.

Government and Vertues.] Winter-green is under the Dominion of *Saturn*, and is a singular good Wound Herb, and an especial Remedy for to heal green Wounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of the green Herbs stamped, or the Juyce boyled with Hogs-lard, with Sallet Oyl and Wax, and some Turpentine added unto it, is a soveraign Salve, & highly extolled by the Germans, who much use it to heal all manner of Wounds and Sores. The Herb boyled in Wine and water, and given to drink to them that have inward Ulcers in their Kidnies, or Neck of the Bladder wonderfully help them. It stayeth also all Fluxes, whether of choler humors, as the Lask, Bloody-fluxes, Womens bleeding of Wounds and taketh away any Inflam-

Wounds, Ulcers, Kidnies, Bladder, Flux, Bloody-Flux, Terms, flops, Inflammations,

Cankers, mation rising upon pains of the Heart. It is no less helpful
Fistulaes, foul Ulcers hard to be cured: as also for Cankers or Fistula
The distilled Water of the Herb doth effectually perform
same thing.

Groundsel.

Descript. OUr common Groundsel hath a round, green, and somewh
brownish stalk, spread toward the top into branches, set wi
long and somewhat narrow green Leaves cut in on the edges, somewhat l
the Oak leaves, but lesser, and round at the ends: at the tops of the branch
stand many small green heads out of which grow small yellow thrids
thrums which are the flowers, and continue many days blown in that man
before it pass away into Down, and with the seed is carried away in the win
The Root is small and thriddy, and soon perisheth, and as soon riseth agai
of its own sowing, so that it may be seen many months in the year, bo
green, and in flower and seed, for it will spring and seed twice in a year
least, if it be suffered in a Garden.

Place. This groweth almost every where, as well on tops of Walls,
at the foot among Rubish, and untilled Grounds, but especially in Ga
dens.

Time. It flowreth as is said before, almost in every month through th
year.

Government and Vertues. This Herb is *Venus* her Mistriss piece, and
as gallant an universal Medicine for all Diseases coming of he
whatsoever they be, or in what part of the body soever they l
as the Sun shines upon; 'tis very safe and friendly to the bo
of man: yet causeth Vomiting if the Stomach be afflicted,
not purging, and it doth it with more gentleness than can be
pected. 'Tis moist and something cold withal, thereby cau
expulsion, and repressing the heat caused by the motion of the
ternal parts in Purges and Vomits. Lay by our learned Recei
Take so much Senna, so much Scammony, so much Colocynt
so much Infusion of Crocus Metallorum, &c. this Herb al
preserved in a Syrup, in a distilled Water, in an Oyntment
shall do the deed for you in all hot diseases, and it shall do it,
Safely, & Speedily.

Choler in the Stomach, Yellow Jaundice, Falling-sickness, Dysury, Gravel, Sciatica, Cholick, Liver, Terms provokes, Womens Breasts, Privy-part, Arteries, Joynts & Sinews, Ove-

The Decoction of the Herb (saith *Dioscorides*) made wi
Wine and drunk, helpeth the pains of the Stomach proceeding
Choler (which it may well do by a Vomit, as daily Expe
ence sheweth. The Juyce thereof taken in Drink, or the De
ction of it in Ale, gently performeth the same. It is good
gainst the Jaundice and Falling-sickness, being taken in W
as also against difficulty of making Water. It provokes Urin
expelleth Gravel in the Reins or Kidnies; a dram thereof
ven in Oxymel, after some walking or stirring of the body
helpeth also the Sciatica, griping of the Belly, and the Ch

...th the defects of the Liver, and provoketh Womens ...
...ses. The fresh herb bruised and made into a Pultis and ...
...ied to the Breasts of Women that are swollen with ...
...and heat, as also to the privy parts of Man or Woman, ...
...the Seat or Fundament, or the Arteries, Joynts and Sinews ...
when they are inflamed and swoln, doth much ease them: ...
...used with some Salt helpeth to dissolve Knots or Kernels in any part of ...
...the Body. The juyce of the Herb, or (as *Dioscorides* saith) the Leaves and ...
...Flowers, with some fine Frankincense in Powder, used in Wounds of the Bo...
...dy, Nerves or Sinews, doth singularly help to heal them. The distilled Wa...
...ter of the Herb performeth well all the aforesaid Cures, but especially for ...
...Inflammations or watering of the Eyes by reason of the Defluxion of Rheum ...
...unto them.

Hectick, Ka...
Wounds in the
Sinews,
Inflammations
in the Eyes.

Hearts-Ease.

This is that Herb which such Physitians as are licensed to blaspheme by Authority without danger, having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cul-me-to-you, and in *Sussex* we call them Pansies.

Place.] Besides those which are brought up in Gardens, they grow commonly about, wild in the Fields, especially in such as are very barren; sometimes you may find it on the tops of high Hills.

Time.] They flower all the Spring and Summer long.

Government and Vertues. The Herb is really Saturnine, something cold, viscous and slimy: A strong Decoction of the herbs and flowers (if you will, you may make it into a Syrup, or distilled in *French Pox*, or Alembick with what Vehicle you please) is an excellent Cure for the *French Pox*, the Herb being a gallant Antivenereal; and that Antivenereans are the best Cure for that Disease, far better and safer than to intermeddle them with the malice of the Pox, divers forreign Physitians have confessed: The spirit of it is excellent good for the Convulsions in Children, as also for the Falling-sickness, and a gallant Remedy for Inflammations of the Lungs and Breast, Pleurisie, Scabs, Itch, &c. under the Celestial Sign *Cancer*.

Convulsions, Falling-sickness, Inflammations of the Lungs, Pleurisie, Scabs, Itch.

Hartichokes.

The Latins call them *Cinara*, only our Colledg calls them *Artichocus*.

Government and Vertues.] They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Lust much, as indeed they do, being somthing windy meat, and yet they stay the *Lust* pro...
...ceeding from a store of Nocturnal seed in Man, which is commonly caused, called *Nocturnal Pollution*. And here I care not greatly if I *Nocturnal* ...
...give a little of *Galens* nonsense in his Treatise of the *Faculties Pollutions.* ...
...*Nocturnal*, he saith they contain plenty of Cholerick *Purgeth by* ...
...juyce *urine.*

Juyce (which notwithstanding I can scarcely believe) of which he [illegible] engendred Melancholy Juyce, and of that Melancholy Juyce thin Choler [illegible] Blood: but to proceed; this is certain, That the Decoction of the R[illegible] boyled in Wine, or the Root bruised and distilled in Wine in an Alembic, and being drunk purgeth by Urine exceedingly.

Harts-Tongue.

Descript. *THis hath divers Leaves rising from the Root, every one severally which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but [illegible] and with little sap in them, and straked on the back athwart on both sides of the middle Rib with small and somewhat long and brownish marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds, folded or interlaced together.*

Time. It is green all the Winter, but new Leaves spring every year.

Government and Vertues.] *Jupiter* claims Dominion over this herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you should do well to keep it in a Syrup all the year, for though Authors say 'tis green all the year, I scarce believe it. *Harts-Tongue* is much commended against the hardness and stoppings of the Spleen and Liver, and against the heat of the Liver and stomach, and against Lasks and the Bloody Flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Palate, and stay the bleeding of the Gums being gargled in the mouth. *Dioscorides* saith it is good against the stinging or biting of Serpents. As for the use of it, my Directions at later end will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one year or two.

Spleen, Liver, Flux, Bloody Flux, Hiccough, Gums, Venomous Beasts.

Hazel-Nut.

HAzel-Nuts are so well known to every Boy, that they need no Description.

Government and Vertues. They are under the Dominion of *Mercury*. The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honeyed Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the distillations of Rheum from the head: The dried Husks and Shells to the weight of two drams taken in red Wine, stayeth Lasks and Womens Courses, and so doth the red skin that covers the Kernels which is more effectual to stay Womens Courses.

Cough, Phtysick, Flux, Terms stops.

And if this be true, as it is, then why should the Vulgar so familiarly [illegible]

[illegible] That eating Nuts causeth shortness of breath, than which nothing is falser; for how can that which strengthens the Lungs, cause shortness of breath: I confess the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are mens tongues so given to slandering one another, that they must slander Nuts too, to keep their tongues in use? If any thing of the Hazel Nut be stopping, 'tis the Husks and Shels, and no body is so mad to eat them unless Physically, and the red skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

Hawkweed.

Descript. *It hath many large Leaves lying on the ground, much rent or torn on the sides into many gashes like* Dandelyon, *but with greater parts more like the smooth* Sow-Thistle, *from among which ariseth a hollow rough stalk two or three foot high, branched from the middle upward, wherein are set at every joynt longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the* Hawkweeds (*for there are many kinds of them*) *do hold, which turn into Down, and with the small brownish seeds, is blown away with the wind: The Root is long and somewhat greater, with many small fibres thereat. The whole Plant is full of bitter milk.*

Place. It groweth in divers places about Field sides, and the Pash-ways in dry grounds.

Time. It flowreth and flies away in Summer Months.

Government and Vertues. *Saturn* owns it. *Hawkweed* (*with Dioscorides*) is cooling, somewhat drying and binding, and therefore good for the heat of the stomach, and gnawings therein, for Inflammations, and the hot fits of Agues. The juice thereof in Wine helpeth digestion, discusseth wind, hindreth crudities abiding in the stomach, and helpeth the difficulty of making Water, the biting of venomous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, and is very good against all other poysons. A scruple of the dried juice given in Wine and Vinegar, is profitable for those that have the Dropsie. The Decoction of the herb taken with honey, digesteth thin Flegm in the Chest or Lungs, and with Hyson helpeth the Cough. The decoction thereof, and of wild Succory made with Wine and taken, helpeth the Wind-Chalick and hardness of the Spleen, it procureth rest and sleep, hindreth Venery and Venerious Dreams, cooleth heats, purgeth the stomach, encreaseth blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the defects and Diseases of the Eyes,

Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysury, Venomous Beasts, Poyson, Dropsie, Flegm, Chalick, Spleen, Watching, Lust stops, Venerious Dreams, Reins, Bladder,

Sores, Ulcers, Running, Inflammations, St. Anthonies fire, Heat, Salt, Flegm, Cramps, Freckles, Spots, Morphew, Wrinkles.

Eyes, used with same Womens Milk, and used with good success in fretting or creeping Ulcers, especially in the beginning. The green Herb bruised, and with a little Salt applyed to any place burnt with fire before blisters do arise, helpeth them, as also Inflammations, St. *Anthonies* fire, and all Pushes and Eruptions Heat and salt Flegm. The same applied with Meal and fair Water in manner of a Pultis to any place affected with Convulsion and the Cramp, or such as are out of Joynt, doth give help and ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, the Morphew or Wrinkles in the Face.

The Hawthorn.

IT is not my intent to trouble you with a Description of this Tree, which is so well known that it needeth none.

It is ordinarily but a Hedge-bush, although being pruned and dressed, it groweth to be a Tree of reasonable height.

As for the Hawthorn Tree at *Glassenbury*, which is said to flower yearly on *Christmass Day*, it rather shews the Superstition of those who observe it for the time of its flowring, than any great wonder, sith the like may be found in divers others places of this Land; as in *Wbey-street* in *Rumney Marsh*, and near unto *Nantwich* in *Cheshire*, by a place called *white Green*, where if the Winter be mild, they will have white Blossoms all over before it be about *Christmass* and *May*; if the Weather be frosty, it flowreth not until *January*, or that the hard weather be over.

Government and Vertues. It is a Tree of *Mars*. The Berries or the Stone in the Berries beaten to Powder, being drunk in Wine, are held singular good against the Stone, and are good for the Dropsie. The distilled Water of the Flowers stayeth the Lask. The Seed cleared from the Down, bruised and boyled in Wine, and drunk, is good for inward tormenting pains: If cloaths and spunges be wet in the said distilled water, and applied to any place where Thorns, Splinters or the like, do abide in the Flesh, it will notably draw them forth.

Stone, Dropsie, Flux, Inward pains, Splinters, Thorns.

And thus you see the Thorn gives a Medicine for his own pricking, and so doth almost every thing else.

Hemlock.

Descript. THE common great Hemlock groweth up with a green stalk, four or five foot high or more, full of red spots sometimes, and at the joyns very large winged Leaves, set at them, which are divided into many other winged Leaves one set against another, dented about the edges, of a sad green colour. When they are old they grow reddish, and afterwards with whitish fat seed. The Root is long, white, and sometimes crooked, and yellow within. The whole Plant, and every part thereof, hath a strong heavy and stinking smell, much offending the Senses.

Place. It groweth in all Countries of this Land by Walls and Hedges sides, in Wast grounds, and untilled places.

Time. It flowreth and seedeth in *July*, or thereabouts.

Government and Vertues. *Saturn* claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a *Priapismus*, or continual standing of the Yard, it being very beneficial for that Disease, I suppose my Authors Judgement was first upon the oppositive Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbad the appling of it to those parts that it might not cause Barrenness, or spoil the Spirit Procreative, which if it do, yet applied to the Privities it stops lustful thoughts. Hemlock is exceeding cold, and very dangerous, specially to be taken inwardly. It may safely be applied to Inflamations, Tumors and swellings in any part of the Body (save the Privy parts) as also to St. *Anthonies* fire, Wheals, Pushes, and creeping Ulcers that rise of hot sharp Humors by cooling and repelling the heat. The Leaves bruised and laid to the Brow or Forehead, is good for their eyes that are red & swollen as also to take away a Pin & Web growing in the Eye, this is a tried Medicine: Take a small handful of the Herb, and half so much Bay Salt beaten together, and applied to the contrary Wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the Root hereof be roasted under the Embers wrapped in double wet Papers, untill it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Parsly, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzie, or perturbation of the Senses, as if they were stupid or drunk, the Remedy is, as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put into Wine, or a draught of good Vinegar, Wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

Lechery.
Inflammations, St. Anthonies *Fire, Tetters, Ringworms, Eyes, Pin and Web, Gout.*

Hemp.

THis is so well known to every good Housewife in the Country, that I shall not need to write any Description of it.

Time. it is sown in the end of *March*, or beginning of *April*, and is ripe in *August* or *September*.

Government and Vertues. It is a Plant of *Saturn*, and good for some thing else you see, than to make Halters only. The Seed of Hemp consumeth Wind, and by the much use thereof disperseth it so much that it dryeth up the Natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good success to those that have the Jaundies, especially in the beginning of the disease, if there be no Ague accompanying it, for it openeth Obstructions of the Gall, and causeth

Wind, Cough, Jaundies, Gall, Choller, Fluxe, Cholerick.

bleeding, worms, Earwigs, Inflammation, Gout, Sinews shrunk.

easeth digestion of Choller. The Emulsion or Decoction of the Seed stayeth Lasks and continual fluxes, easeth the Cholick, and allayeth the troublesom Humors in the Bowels, and stayeth bleeding at the mouth, nose or other place, some of the Leaves being fried with the blood of them that bleed, & so given them to eat. It is held very good to kill the Worms in man or Beast. the Juyce dropped into the Ears, killeth Worms in them, or draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head or any other parts; the Herb it self, or the distilled Water thereof do the like: The Decoction of the Roots easeth the pains of the Gout, the hard tumors or knots in the joynts, the pains and shrinkings of the Sinews and the pains of the Hips: The fresh juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with fire, being therein applied.

Henbane.

Description. OUR common Henbane hath very large, thick, soft, and Leaves lying upon the ground, much cut in or torn on the edges, of a dark ill grayish green colour, among which arise up divers thick and short stalks two or three foot high, spread into divers smaller branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husk and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler toward the edges, with many purplish veins therein, and of a dark yellowish purple in the bottom of the Flower with a small pointel of the same color in the middle, each of them standing in a hard cleft husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy seed, but of a dustie grayish color. The Root is great white, and thick, branching forth divers waies under ground, so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.

Place. It commonly groweth by the way sides, and under Hedge sides and Walls.

Time. It flowreth in *July*, and springeth again yearly of its own Seed.

I doubt my Authors mistook *July* for *June*, if not for *May*.

Government and Vertues. I wonder in my heart, how Astrologers could take on them to make this an Herb of *Jupiters*, and yet *Myrealdus*, a man of a penetrating brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of *Saturn*, and I prove it by this Argument.

All the herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart Loads of it may be be found near the places where they empty the common

...es, and scarce a Ditch to be found without it growing by it.

Ergo 'tis an Herb of *Saturn*.

The Leaves of Henbane do cool all hot Inflammations in the ...yes, or any other part of the Body; and are good to assuage ...manner of swellings of the Cods or Womens Breasts, or else ...here if they be boiled in Wine, and either applied themselves ...the Fomentation warm, it also asswageth the pain of the ...t, the Sciatica, and all other pains in the joints which arise ...an hot cause. And applied with Vinegar to the Forehead ...Temples, helpeth the Head-ake and want of sleep in hot ...vers. The juyce of the Herb or seed, or the Oil drawn from ...Seed doth the like. The Oil of the Seed is helpfull for the ...fness, Noise, and Worms in the Ears, being dropped there-... the juyce of the Herb or Root doth the same. The Decocti-... of the Herb or Seed or both killeth Lice in Man and beast, ...he fume of the dried Herb, Stalks, and Seed burned quickly ...leth Swellings, Chilblains, or Kibes in the Hands or Feet ...holding them in the fume thereof. The Remedy to help those that have ...n Henbane, is to drink Goats Milk, honeyed Water, or Pine Kernels, ...sweet Wine: or in the absence of these, Fennel seed, Nettle seed, the ...of Cresses, Mustard, or Rhadish, as also Onions or Garlick taken in ...e, do all help to free them from danger, and restore them to their due ...er again.

Inflammation, Bods, Womens Breasts, Gout, Sciatica, Joynts, Watching, Deafness, Noise in the Ears, Chilblains, Kibes,

Take notice that this Herb must never be taken inwardly; outwardly, an ...Oyntment, or Plaister of it, is most admirable for the ...s, to cool the Veneral heat of the Reins in the French ...to stop the Tooth-ake being applied to the aking side, to ...all Inflammations, and to help the Diseases be ore pre-...

French Pox, Tooth-ake.

Hedge-Hysop.

...ription. Divers sorts there are of this Plant, the first of which is an Italian by birth, and only nursed up here in the Gard... ...Curious. Two or three sorts are to be found commonly growing ...here; the Description of two of which I shall give you: The first is a ...th low Plant, not a foot high, very bitter in tast, with many square ...s, diversly branched from the bottom to the top, with divers Joynts, & ...small Leaves at each joynt, broader at the bottom than they are at the ...a little dented about the edges, of a sad green color, and full of Veins. ...flowers stand at the joynts, being of a fair purple color, with some ...spots in them, in fashion like those of dead Nettles: The Seed is small ...yellow, and the Roots spread much under ground.

The second seldome groweth half a foot high, sending up many small ...ches wherein grow many small Leaves set one against the other some-...broad, but very short: the flowers are like the flowers of the other in ...but of a pale reddish color: the Seeds are small and yellowish: the

Root

Root spreadeth like the other, neither will it yield to its fellow one s
bitterness.

Place. They grow in wet low grounds, and by water sides; the last
be found among the bogs on *Hampsted* Heath.

Time. They flower in *June* and *July*, and the Seed is ripe presen
after.

Government and Vertues. They are Herbs of *Mars*, and
Choller, Flegm, Dropsie, Gout, Sciatica, Worms, Ulcers. Cholleric and churlish as he is, being most violent purgers e
cially of Choller and Flegm: It is not safe taking them inwa
unless they be well rectified by the Art of the Alchymist, and
the purity of them given; if so used, they may be very healt
both for the Dropsie, Gout, and Sciatica: outwardly used in C
ments, they kill worms, the Belly being anointed with it; and
excellent good to cleanse old and filthy Ulcers.

Black Hellebore.

IT is called also Setter-wort, Setter grass, Bears-foot, Christmas R
and Christmas Flower,

Descript. It hath sundry fair green Leaves rising from the Root
of them standing about a handful high from the Earth, each Leaf is di
into seven, eight or nine parts, dented from the middle of the Leaf to
point on both sides abiding green all the Winter; about Christmas tim
the weather be any thing temperate, the flowers appear upon Footstalks,
so consisting of five large, round, white Leaves a piece, which sometim
purple towards the edges, with many pale yellow thrums in the middle:
Seeds are divided into several Cells like those of Columbines, save
they are greater, the Seeds are in the colour black, and in form long
round: The Root consisteth of a number of numberless blackish string
united into one Head.

There is another black Hellebore which groweth up & down in the w
very like this, but that only the Leaves are smaller and narrower, and pe
the Winter when this doth not.

Place. The first is maintained in Gardens: The second is comm
found in the Woods in *Northamptonshire*.

Time. The first flowereth in *December* or *January*; the second in *Febr*
or *March*.

Government and Vertues. It is an Herb of *Saturn* and therefore
marvel if it have some sullen conditions with it, and wou
far safer being purified by the Art of the Alchymist, than g
raw. If any have taken any harm by taking it, the comm
cure is to take Goats Milk, if you cannot get Goats Milk,
must make a shift with such as you can get. The Roots are
effectual against all Melancholy Diseases, especially such a
of long standing, as Quartan Agues, and Madness; it help
Falling sickness, and the Leprosie; both the yellow
Melancholy, Quartan Agues, Madness, Falling sickness, Leprosie.

the black Jaundies, the Gout, Sciatica, Convulsions; and truly *Yellow* this was found out by experience. That the Roots of that which *and black* groweth wild in our own Country, works not so churlishly as *Jaundies,* those do which are brought from beyond Sea, as being maintai- *Gout,* ned by a more temperate Air. The Root used in a Pessary pro- *Sciatica,* motes the Terms exceedingly; also being beaten into Powder *Terms pro-* and strewed upon foul Ulcers, it consumes the dead flesh, and *voke,* speedily heals them; Nay, it will help Gangrenes in the begin- *ulcers,* ning; twenty grains taken inwardly is a sufficient Dose for one *Dead flesh,* man, and let that be corrected with half so much Cinnamon; *Cough and* the Country people used to rowel their Cattel with it: if a Beast be *Poyson in* troubled with the Cough, or have taken any poyson, they bore *Cattel.* a hole through his Ear, and put a piece of the Root in it; this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

Herb-Robart.

Description. IT riseth up with a reddish stalk two Foot high, having divers Leaves thereon upon very long and reddish Foot-stalks, divided at the ends into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented likewise about the edges, which sometimes turn reddish: At the tops of the stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more red- dish colour, after which come beak heads as in others: The Root is small and threddy, and smelleth as the whole Plant very strong, almost stinking.

Place. This groweth frequently every where by Way-sides, upon Ditch sides, and waste grounds wheresoever one goeth.

Time. It flowreth in *June* and *July* chiefly, and the Seed is ripe shortly after.

Government and Vertues. It is under the Dominion of *Mars*, *Herb Robart* is commended not only against the *Stone*, *Bleeding*, but to stay blood, where, or howsoever flowing; it *Terms stops*, speedily healeth all green Wounds, and is effectual in old *wounds, ulcers* Ulcers in the privy parts, or elsewhere. You may perswade *in the Privities.* your self this is true, and also conceive a good reason for it, if you do but consider 'tis an Herb of *Venus*, for all it hath a manis name.

Herb Truelove, *or* One-berry.

Description. ORdinary Herb *Truelove* hath a small creeping Root running under the upper crust of the ground, somewhat like a *Couch-grass Root*, but not so white, shooting forth stalks with Leaves, some of which carry no Berries, though others do, every stalk smooth without joynts, of a blackish green, rising about half a foot high if it bear Berries, otherwise seldom so high, bearing at the top four Leaves set directly one against another in manner of a Cross or Ribband tied (as it is called) on a True Loves knot, which are each of them apart somewhat like unto a Nightshade Leaf,

but

but somewhat broader, having sometimes three Leaves, sometimes five, some[illegible] six, and those sometimes greater than in others. In the middle of the four [illegible] riseth up one small slender stalk about an inch high, bearing at the top thereof [illegible] flower spread open, like a star, consisting of four small and long narrow [illegible] Leaves of a yellowish green colour, and four other lying between them lesser [illegible] they; in the middle whereof stands a round dark purplish button or head, [illegible] passed about with eight small yellow mealy thrids with three colours, make it [illegible] more conspicuous, and lovely to behold: This button or head, in the middle, [illegible] the other Leaves are withered, becometh a blackish purple Berry full of juyce [illegible] the bigness of a reasonable Grape, having within it many white Seeds. The [illegible] Plant is without any manifest taste.

Place. It groweth in Woods and Copses, and sometimes in the corners [illegible] borders of Fields, and wast grounds in very many places of this Land; [illegible] abundantly in the Woods, Copses, and other places about *Chislehurst* [illegible] *Maidstone* in *Kent*.

Time. They spring up in the middle of *April* or *May*, and are in Flow[illegible] soon after: The Berries are ripe in the end of *May*, and in some places [illegible] *June*.

Government and Vertues. *Venus* owns it. The Leaves or Berries he[illegible] are effectual to expel poison of all sorts, especially [illegible] of the Aconites; as also the Plague, and other Pe[illegible] lential Diseases, Some have been helpen thereby, [illegible] *Mathiolus*, that have lyen long in a lingring sickness, [illegible] others that by Witchcraft (as it was thought) were [illegible] come half foolish, by taking a dram of the Seeds or Be[illegible] ries hereof in powder every day for twenty days to[illegible] ther, they were restored to their former health. The [illegible] in Powder taken in Wine easeth the pains of the Ch[illegible] lick speedily: The Leaves are very effectual as well [illegible] green Wounds, as to cleanse and heal up old filthy Sores and Ulcers; [illegible] is very powerful to discuss all Tumors and Swellings in the Cods, pri[illegible] Parts, or Groyn, or in any part of the Body, and speedily to allay all [illegible] flammations. The Leaves or the juice applied to Felons, or those Nails [illegible] the Hands or Toes that have Imposthumes or Sores gathered together [illegible] the Roots of them, healeth them in short space.

Poison, Pestilence, Feavers, Witchcraft, Chollick, Wounds, Ulcers, Swellings in the Groyn, Cods and Privities, Inflammations, Apostumes.

The Herb is not to be described for the Premises; but is fit to be nouri[illegible] ed in every good Womans Garden.

Hysop.

HYsop is so well known to be an Inhabitant in every Garden, that it [illegible] save me labour in writing a Description thereof. The Vertues are [illegible] followeth.

Temperature and Vertues. The Herb is *Jupiters*, and [illegible] Sign *Cancer*; It strengthens all the parts of the Body [illegible] *Cancer* and *Jupiter*; which what they may be, is found [illegible] discoursed in my *Astrological Judgment* of Diseases.

Cough, Shortnesse of breath.

Scorides saith that Hysop boyled with Rew and Honey and drunk, helpeth those that are troubled with Coughs, shortness of breath, Wheesing, and Rheumatick Distillations upon the Lungs: taken also with Oxymel, it purgeth gross humors by the stool; and with honey killeth worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the belly; and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsie and Spleen. Being boyled with Wine, it is good to wash Inflammations; and taketh away black and blew spots and marks that come by strokes, bruises or falls, being applied with warm water. It is an excellent Medicine for the Quinzy, or swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vinegar, and gargled therewith. The hot Vapors of the Decoction taken by a Funnel in at the Ears, easeth the Inflammations and singing noise of them. Being bruised, and Salt, Honey and Cummin seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof (the head being anointed) killeth Lice, and taketh away Itching of the head. It helpeth those that have the Falling-sickness, which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Griefs, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any cut or green wound, being thereunto applied.

Wheesing, Gross Humors, Worms, Yellow Jaundice, Dropsie, Spleen, Inflammations, Black and blew spots, Quinsie, Tooth-ach, Noise in the Ears, Venomous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

Hops.

THese are so well known, that they need no Description. I mean the manured kind, which every good Husband or Housewife is acquainted with.

The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough Branches and Leaves like the former; but it giveth smaller heads, and in far less plenty than it, so that there is scarce a head or two seen in a year on divers of this wild kind, wherein consisteth the chief difference.

Place. They delight to grow on low moist grounds, and are found in all parts of this Land.

Time. They spring not up until *April*, and flower not until the later end of *June*; the heads are not gathered until the middle or later end of *September*.

Government and Vertues. It is under the Dominion of *Mars*. This, in Physical Operations, is to open Obstructions of the Liver and Spleen, to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the tops of Hops, as well of the same as the wild, worketh the same effects. In cleansing the

Obstructions, Liver, Spleen, Blood, Reins cleanseth, French Pox,

Scabs, Itch, Tetters, Ringworms, Morphew, Poyson, Worms, Terms provoked, Dysury, Tell. Jaundice, Liver, Stomach, Agues.

Blood they help to cure the *French* Disease, and all manner of Scabs, Itch, and other breakings out of the body, as also all Tetters, Ringworms, and spreading Sores, Morphew, and all discolourings of the skin. The Decoction of the flowers and tops, do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, easeth the Head-ach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise of Choler and Blood. Both the wild and the manured are of one property, and a like effectual in all the aforesaid Diseases.

By all these testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. *Reason* will tell you how it performs these Actions.

Horehound.

Descript. COmmon Horehound *groweth up with square hoary stalks, half a yard or two foot high, set at the joynts, with two round crumpled rough Leaves, of a sullen hoary green colour, of a reasonable good scent, but a very bitter taste. The Flowers are small, white and gaping, set in a rough hark, prickly Husk, round about the joynts with the Leaves from the middle of the stalk upward, wherein afterwards is found small, round, blackish seed. The Root is blackish, hard and woody, with many strings thereat, and abideth many years.*

Place. It is found in many parts of this Land, in dry Grounds, and waste green places.

Time. It flowreth in and about *July*, and the Seed is ripe in *August*.

Government and Vertues. It is an Herb of *Mercury*.

Difficulty of breath, Cough, Consumption, Flegm, Terms provoked, Afterbirth, Weariness, Poyson, Venomous beasts, Ulcers, Sides, Eyes,

Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are pursie or short-winded, or have a Cough, or are fallen into a Consumption either through long sickness, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough flegm from the Chest, being taken with the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel the Afterbirth, and to them that have sore and long Travels, as also to those that have taken Poyson, or are stung or bitten by venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the flesh over the Nails. It also helpeth pains of the sides. The Juyce thereof with Wine and Honey, helpeth to clear the Eye-sight, and snuffed up into the Nostrils, purgeth away the yellow Jaundice, and with a little Oyl of Roses dropped into the Ears easeth the pains of them. *Galen* saith it openeth Obstructions of

both of the Liver & Spleen, purgeth the Breast & Lungs of Flegm: and used outwardly, it both cleanseth and digesteth. A Decoction of *Horehound* (saith *Matthiolus*) is available for those that have bad Livers, & for such as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boyled in old Hogs-grease unto an Ointment, healeth the bitings of Dogs, abateth the swellings of womens Breasts, and taketh away the swellings and pains that come by any pricking of Thorns, or such like means, and used with Vinegar, it cleanseth and healeth Tetters. There is a Syrup made of Horehound to be had at the Apothecaries, very good for old Coughs to rid the tough Flegm; as also to avoid cold Rhewm from the Lungs of old Folks, and for those that are Asthmatick or short-winded.

Toll. Jaundice, Obstructions of the Liver and Spleen, Itch, Tetters, Worms, Dogs bitings, Womens Breasts, Thorns, Asthmaes,

Horstail.

OF that there are many kinds, but I shall not trouble you nor my self with any large Description of them, which to do were but as the Proverb is, *To find a Knot in a Rush.* All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

Descript.] *The great Horstail at the first springing hath Heads somewhat like those of Asparagus, and after grow to be hard, rough, hollow stalks, jointed at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush-like hard Leaves, each part resembling a Horse-tail (from whence it was so called) At the tops of the stalks come forth small Catkins like those of Trees. The Root creepeth under ground, having joints at sundry places.*

Place.] This (as the most of other sorts hereof) groweth in wet Grounds.

Time.] They spring up in *April*, and their blooming Catkins in *July*, seeding for the most part in *August*, and then perish down to the ground, rising afresh in the Spring.

Government and Vertues.] The Herb is belonging to Saturn, yet is very harmless, and excellent good for the things following; Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most Physical. It is very powerful to stanch Bleeding wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly. It stayeth also all sorts of Lasks and Fluxes in man or woman and the pissing of blood, and healeth also not only the inward Ulcers, and Excoriations of the Entrails, Bladder, &c. but all other sorts of foul, moist, and running Ulcers, and soon soldereth together the tops of green wounds. It cureth also Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and helpeth the Stone

Bleeding, Flux, Terms stops, Pissing blood, Inward ulcers, Excoriations of the Bladder, ulcers, wounds, Ruptures, Dis-

ry, Stone, Strangury, Cough, Inflammations, Pimples, red Face. and the Strangury: and the distilled Water thereof drunk three times in a day, and a small quantity at a time; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled water being warmed, and hot Inflammations, Pustules, or red wheals, and other breakings out in the skin, being bathed therewith doth help them; and doth no less ease the swelling, heat and Inflammations of the Fundament or Privy parts in Man or Woman.

Housleek, or Sengreen.

BOth these are so well known unto my Country-men, that I shall not need to write any Description of them,

Place. It groweth commonly on Walls and House sides, and flowreth in *July.*

Government and Vertues. It is an Herb of *Jupiter*, and it is reported by *Mizaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward heats as well as outward, and in the Eyes or other parts of the body. A Posset made with the Juyce of Housleek is singular good in all hot Agues, for it cooleth and tempereth the blood and Spirits, and quencheth the thirst: and is also good to stay all hot defluxions of sharp & salt Rheums in the Eyes, the Juice being dropped into them, or into the Ears, helpeth them. It helpeth also other fluxes of humours in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, St. Anthonies fire, Scaldings and burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ringworms, and the like, and much easeth the pain of the Gout proceeding from a hot cause. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the skin and leaves being laid on them afterwards. It easeth also the Headach, and distempered heat of the Brain in Frenzies, or through want of sleep, being applied to the Temples and Foreheads. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth bleeding at the Nose very quickly. The distilled water of the Herb is profitable for all the purposes aforesaid. The leaves being gently rubbed on any place stung with Nettles or Bees doth quickly take away the pain.

Heat, Eyes, Agues, Thirst, Salt Rheum, Ears, Terms stop, Fluxes, Inflammations, St. Anthonies Fire, Burning, Scaldings, Fetters, Ringworms, Corns in the Hands & Feet, Headach, Frenzie, Watching, Bleeding, Nettles bees,

Hounds-Tongue,

Descript. THe great ordinary Hounds-Tongue hath many long and somewhat narrow, soft, hairy, darkish green Leaves, lying on the ground somewhat like unto Buglos leaves, from among which riseth up a rough hairy stalk about two foot high, with some smaller Leaves thereon and branched at the top into divers parts, with a small Leaf at the foot of every branch which is somewhat long, with many flowers set along the same, which branch is crook-

or turned inwards before it ſpreadeth and openeth by degrees as the Flowers do blow, which conſiſt of ſmall purpliſh red Leaves of a dead colour, ſcarcely riſing out of the Husk wherein they ſtand with ſome threds in the middle. It hath ſometimes a white flower. After the flowers are paſt, there cometh rough flat ſeed, with a ſmall pointel in the middle, eaſily cleaving to any garment that it toucheth, and not ſo eaſily dulled off again. The Root is black, thick, and long, hard to break, and full of a clammy juyce, ſmelling ſomewhat ſtrong, of an evil ſcent as the Leaves alſo do.

Place. It groweth in moſt places of this Land, in waſt Grounds, and untilled places by High-way ſides, Lanes and Hedg ſides.

Time. It flowreth about *May* and *June*, and the ſeed is ripe ſhortly after.

Government and Vertues. It is a Plant under the Dominion of *Mercury*. The Root is very effectually uſed in Pills, as well as in Decoctions, or otherwiſe, to ſtay all ſharp and thin Defluxions of Rhewm from the Head into the Eys or Noſe, or upon the Stomach or Lungs, as *Eyes, Noſe*, alſo for Coughs or ſhortneſs of breath. The leaves boyled in *Stomach*, wine (ſaith *Dioſcorides*) but others do rather appoint it to be *Lungs*, made with water, and to add thereto Oyl and Salt, mollifieth or *ſhortneſs* openeth the belly downwards. It alſo helpeth to cure the biting *of Breath* of a mad Dog, ſome of the leaves being alſo applied to the *mad Dogs*, wound: the leaves bruiſed, or the Juyce of them boyled in *Scalding*, Hogs-lard, and applied, helpeth the falling away of the Hair *Burning*, which cometh of hot and ſharp humors; as alſo for any place *Hemor-* that is ſcalded or burnt: the leaves bruiſed and laid to any green *rhoids*, wound doth heal it up quickly: the Root baked under the embers *Wounds*, wrapped in Paſt, or wet Paper, or in a wet double Cloth, and *ulcers*, thereof a Suppoſitory made, and put up into, or applied to the *French* Fundament, doth very effectually help the painful Piles or He- *Pox*. morrhoids. The diſtilled Water of the Herb and Roots, is very good to all the purpoſes aforeſaid, to be uſed as well inwardly to drink, as outwardly to waſh any ſore places, for it healeth all manner of Wounds and Punctures, and thoſe foul Ulcers that ariſe by the French Pox.

Mizaldus adds to this, That the leaves laid under the Feet, will keep the Dogs from barking at you; *Hounds-tongue*, becauſe it ties the tongues of Hounds, whether it be true or not, I never tried: yet I have cured the biting of a mad Dog with this only Medicine.

Holly, Holm, *or* Hulver-buſh.

FOR to deſcribe a Tree ſo well known, is needleſs,

Government and Vertues. The Tree is really *Saturnine*, The Berries expel wind, and therefore are held to be profitable in the Colick. The Berries have a ſtrong quality with them: for if you eat a dozen of them in the morning faſting when they are ripe, and *Expel Wind*, not dried, they purge the body of groſs and clammy Flegm: *Cholick Flegm*, but if you dry the Berries, and beat them into Powder, they *Fluxes, Bloody-*

 fluxes ſtop, the

Terms, Bones broken, Members out of Joynt, witchcraft. bind the body, and stop Fluxes, Bloody flures, and the terms in Women: the Bark of the tree, and also the Leaves are excellent good being used in Fomentations for broken Bones and such Members as are out of Joynt. *Pliny* saith the branches of the tree defend Houses from Lightning, and men from Witchcraft.

St. Johns-wort.

Descript. COmmon St. Johns-wort shooteth forth browniſh, upright, hard, round ſtalks, two foot high, ſpreading many branches from the ſides up to the tops of them, with two ſmall Leaves ſet one againſt another at every place, which are of a deep green colour ſomewhat like the Leaves of the leſſer Centaury, but narrower, and full of ſmall holes in every Leaf, which cannot be ſo well perceived as when they are held up to the light. At the tops of the ſtalks and branches ſtand yellow Flowers made of five Leaves apiece, with many yellow thrids in the middle, which being bruiſed do yield a reddiſh juyce like blood, after which come ſmal round Heads, wherein is contained ſmal blackiſh ſeed ſmelling like Rozen. The Root is hard and woody, with divers ſtrings and fibres at it, and of a browniſh colour, which abideth in the ground many years, ſhooting anew every Spring.

Place. This groweth in Woods and Copſes, as well thoſe that are ſhady as open to the Sun.

Time. They flower about *Midſummer*, and in *July*, and their ſeed is ripe in the later end of *July* or *Auguſt*.

Government and Vertues. It is under the Cœleſtial Sign *Leo*, and under the Dominion of the *Sun*. It may be if you meet with a Papiſt that is also a Aſtrologer, he will tell you St. *John* made it over to him by a Letter of Attorney, eſpecially if withal he be a Lawyer alſo. St. Johns-wort is as ſingular a Wound-herb as any other whatſoever, either for inward wounds, hurts or bruiſes, to be boyled in Wine and drunk, or prepared in Oyl or Oyntment, Bath or Lotion outwardly. It hath power to open Obſtructions, to diſſolve Swellings, to cloſe up the lips of wounds, and to ſtrengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed eſpecially in Wine, being drunk; or the Seed made in a Powder, and drunk with the Juyce of Knotgraſs, helpeth all maner of ſpitting and vomiting of blood, be it by any Vein broken inwardly by Bruiſes, Falls, o however. The ſame helpeth thoſe that are bitten or ſtung by any venomous Creature: and is good for thoſe that are troubled with the ſtone in their Kidnies: or that cannot make water; and being applied, provoketh Womens Courſes. Two drams of the ſeed of St. Johns-wort made into Powder, and drunk in a little Broth, doth gently expel Choler or congealed blood in the ſtomach: the decoction of the leaves and ſeeds being drunk ſomewhat warm before the fits of Agues whether they be Tertians, or Quartans, doth alter the fits.

Wounds, Bruiſes, Obſtructions, Swellings, ſpitting and vomiting Blood, venomous Beaſts, Dyſury, Cholers Agues, Sciatica, Falling-ſickneſs, Pulſe.

by often using, doth take them quite away: The Seed is much commended being drunk for forty dayes together, to help the Sciatica, the Falling-Sickness and the Palsie.

Ivy.

IT is well known to every Child almost to grow in Woods upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time. It flowreth not until *July*, and the Berries are not ripe till Christmas, that they have felt Winter frosts.

Government and Vertues. It is under the Dominion of *Saturn*. A pugil of the Flowers, which may be about a dram (saith *Dioscorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody Flux. It is an enemy to the nerves and sinews being much taken inwardly, but very helpful unto them being outwardly applied. *Pliny* saith, That the yellow Berries are good against the Jaundice, and taken before one be set to drink hard, preserveth from Drunkenness, and helpeth those that spit Blood: and that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a singular remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries thereof made into Powder, for 2. or 3. dayes together: They being taken in Wine, do certainly help to break the stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boyled in Vinegar, and applied warm to the sides of those that are troubled with the Spleen, Ach or Stitch in the sides, doth give them much ease: the same applied with some Rosewater and Oyl of Roses to the Temples and Forehead, easeth the Head-ach, though it be of long continuance. The fresh Leaves boyled in Wine, and old filthy Ulcers that are hard to be cured washed therewith, doth wonderfully help to cleanse and heal them: it also quickly healeth green Wounds, as also it is effectual to heal all burnings and scaldings, and all kind of exulcerations coming thereby, or by salt flegm or humors in other parts of the Body. The Juyce of the Berries or Leaves snuffed up into the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and cureth the Ulcers and stench therein: the same dropped into the Ears, helpeth the old and running sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made of Ivy, so as the drink may stand some small time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

Pliny *Flux, Bloody Flux, Jaundice, Spitting Blood, Worms, Drunkenness, Pestilence, Stone, Dysury, Terms provokes, Spleen, Stitch, Head-ach, ulcers, Wounds, Burnings, Scaldings, Salt Flegm, Rheum, Sore Eyes.*

There seems to be a very great Antipathy between Wine and Ivy; for if any have got a surfet by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bruised, have been boiled.

Juniper-Bush.

FOr to give a description of a Bush so commonly known is needless. *Place.* They grow plentifully in divers Woods in *Kent*, upon *Warn* Common near *Brent-wood* in *Essex*, upon *Finchly* Common without *Hig* gate, hard by the *New-found Wells* near *Dowage*, upon a Common betwe *Mitcham* and *Croydon*, in the High-way near *Amersham* in *Buckinghamshir* and many other places.

Time. The Berries are not ripe the first year, but continue green t Summers and one Winter before they be ripe; at which time they are a black colour, and therefore you shall alwayes find upon the Bush gre Berries: the Berries are ripe about the Fall of the Leaf.

Government and Vertues. This admirable *Solar* Shrub is scarce to be p ralel'd for his Vertues. The Berries are hot in the third degree, and dry in the first, being a most admirable Counte poyson, and as great a resister of the Pestilence any grows; they are excellent good against t bitings of venomous Beasts, they provoke Ur exceedingly, and therefore are very available Dysuries and Stranguries: it is so powerful a Re medy against the Dropsie, that the very L made of the Ashes of the Herb being dru cures the Disease, it provokes the Terms, hel the Fits of the Mother, strengthens the stoma exceedingly, and expels Wind: indeed there scarce a better Remedy for Wind in any part the Body, or the Cholick, than the Chymic Oyl drawn from the Berries: such Coun people as know not how to draw the Chymic Oyl, may content themselves by eating ten a dozen of the ripe Berries every morning fas ing, they are admirable good for the Coug Shortness of Breath, and Consumption, pains

Counter-Poyson, Pestilence, Venomous Beasts, urine provoketh, Dysury, Strangury, Dropsie, Terms provoketh, Mother fits, Stomach, Wind expels, Cholick, Cough, Shortness of Breath, Consumption, Pains in the Belly, Ruptures, Cramp, Convulsions, Speedy Delivery to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengtheneth, Scurvy, Fluxes stays, Piles, Worms, Itch, Scabs, Leprosie, Stone, Appetite provoketh, Palsies, Falling-sickness,

the Belly, Ruptures, Cramps, and Convulsions: They give safe and speed delivery to Women with Child, they strengthen the Brain, exceedingly help the Memory, and fortifie the Sight by strengthening the optick Nerves They are excellent good in all sorts of Agues, they help the Gout, and Scia tica, and strengthen all the Limbs of the Body. The Ashes of the Wood a special Remedy for such as have the Scurvy to rub their Gums with: th Berries stay all Fluxes, help the Hemorrhoids or Piles, and kill Worms in Children: A Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Scabs and Leprosie: The Berries break the stone, procure Appetite when it is lost, and are excellent good for Palsies and Falling-sick nes.

Kidney-

Kidney-wort, or Wall-Pennyroyal. Or, Wall-Penywort.

Descript. IT hath many thick, flat, and round Leaves growing from the Root, every one having a long footstalk fastned underneath about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green colour, and somewhat yellow on the upper side like a Saucer; from among which arise one or more tender smooth hollow stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long and indented at the edges: The tops are sometimes divided into long branches, bearing a number of flowers, set round about a long spike one above another, which are hollow and like a little Bell, of a whitish green colour, after which come small heads containing very small brownish seed, which falling on the ground, will constantly spring up before winter, if it have moisture. The Root is round, and most usually smooth, greyish without, and white within, having small fibres at the head of the Root, and bottom of the stalk.

Place. It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon stone and Mud Walls, upon Rocks also, and in stony places upon the ground, at the bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

Time. It usually flowreth in the beginning of *May*, and the Seed ripening quickly after, sheddeth it self: so that about the end of *May* usually the Leaves and stalks are withered, dry, and gone until *September*, that the leaves spring up again, and so abide all Winter.

Government and Vertues. *Venus* challengeth the Herb under *Libra*. The Juyce or the distilled Water being drunk, is very effectual

for all Inflammations and unnatural heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruised Herb, or the place bathed with the Juyce or distilled Water thereof, and outwardly applied healeth Pimples, Fires, Kibes, Sc. *Anthonies* fire and other outward heats and Inflammations. The said Juyce or Water helpeth much also the foul sore Kidneys, torn or fretted by the Stone, or exulcerated within, and easeth the pains: It also provoketh Urine, and is available for the Dropsie, and helpeth to break the stone, cooling the inflamed parts, and other pains of the Bowels, and the Bloody Flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins; the Juyce being used as a Bath unto them, or made into an Ointment: It is no less effectual to give ease of pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods: It helpeth the Kernels or Knots in the Neck or Throat, called the Kings-Evil; healeth Kibes and Chilblains if they be bathed with the juyce, or anointed with an Ointment made thereof, and some of the skin of the Leaf laid upon them: It is also laid in green Wounds to stay the Blood, and to heal them quickly.

Inflammations, Pimples, Redness, St. Anthonies Fire, Kidneys, Hurt by the stone, Dissury, Stone, Bloody Flux, Hemorrhoids Gout, Sciatica, Cods, Kings Evil, Kibes, Chilblains.

Knapweed.

Knapweed.

Description. *The common sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root, dented about the edges, and sometimes a little rent or torn on both sides in two or three places, somewhat hairy withall, among which riseth a strong rould stalk four or five foot high, divided into many branches; at the tops whereof stand great scaly Heads, and from the middle of them thrust forth a number of dark purplish thrums or threds, which after they are withered and past, there is found small black seeds, lying in a great deal of Down, somewhat like unto a Thistle seed, but smaller: The Root is white, hard, and woody, with divers fibres annexed thereunto, which perisheth not, but abideth with Leaves thereon all the Winter, shooting out fresh every Spring.*

Place. It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste grounds also, every where.

Time. It usually flowreth in *June* and *July*, and the seed is ripe shortly after.

Government and Vertues. *Saturn* challengeth the Herb for his own. The Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward Wounds, as also Fluxes of the Belly: It stayeth the Distillations of sharp humors from the head upon the Stomach and Lungs: It is good for those that are bruised by any Falls, Blows or otherwise. It is very profitable for those that are bursten, and have a Rupture by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the place. It is singular good in all running sores, cankrous and fistulous, drying up the moisture, and healing them up gently, without sharpness; it doth the like to running sores and scabs of the head, or other parts. It is of special use for the soreness of the Throat, swelling of the Uvula and Jaws; and excellent good to stay all bleeding, and heal up all green Wounds.

Fluxes, Bleeding, Veins broken, Pistick, Falls, Blows, Ruptures, Sores, Cankers, Fistulas, Scabby head, sore throat, Uvula, Jaws.

Knot-grass.

IT is generally so well known, that it needeth no Description.

Place. It groweth in every Country of this Land, by the High-ways sides, and by Foot-paths in Fields, as also by the sides of old Walls.

Time. It springeth up late in the Spring, and abideth until Winter, when all the Branches perish.

Government and Vertues. *Saturn* seems to me to own the Herb, and [illegible] some hold the *Sun*; out of doubt 'tis *Saturn*. The Juyce of the common kind of Knot-grass is most effectual to stay bleeding at the Mouth, being drunk in steeled or red Wine: [illegible] the bleeding at the Nose, to be applied to the Fore-head [illegible]

Bleeding, Heat, Flux.

Temp[illegible]

Temples, or to be squirted up into the Nostrils. And no less effectual to cool and temper that heat of the blood and stomach and to stay any Flux of the Blood or Humors, as Lask, Bloody Flux, Womens Courses, and Running of the Reins. It is singular good to provoke Urin, help the Strangury, and allayeth the heat that cometh thereby; and is powerful by Urin to expel the Gravel or Stone in the Kidnies or Bladder, a dram of the Powder of the Herb being taken in Wine for many dayes together: Being boyled in Wine and drunk, it is profitable to those that are stung or bitten by venomous creatures, & very effectual to stay all defluxions of Rheumatick humors upon the stomach and killeth Worms in the Belly or Stomach, quitteth inward pains that arise from the heat, sharpness, and corruption of Blood and choler: The distilled Water hereof taken by it self or with the Powder of the Herb or Seed is very effectual to all the purposes aforesaid and is accounted at one of the most sovereign remedies to cool all manner of Inflamations, breaking out through heat, hot swellings and Impostumations, Grangrens, & fistulous Cankers, or foul filthy Ulcers being applied or put into them; but especially for all sorts of Ulcers, and sores happening in the privy parts of Men and Women. It helpeth all fresh and green Wounds, and speedily helpeth them, The juyce dropped into the Ears cleanseth them being foul, and have running matter in them.

Bloody Flux, Courses stop, Dysury, Gravel, Venomous Beasts, Rheum, Worms, Heat, Choler, Inflammation, Apostumes, Gangrenes, Fistulaes, Cankers, Ulcers, Wounds, Ears.

It is very prevalent for the premises; as also for broken Joynts, and Ruptures.

Ladies-Mantle.

Descript. *IT hath many Leaves rising from the Root, standing upon long hairy foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground, divided at the top into two or three small branches, with small yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh small yellow seed like Poppy seed: The Root is somewhat long and black, with many strings or fibres thereof.*

Place.] It groweth Naturally in many Pastures, and Wood-sides in *Hertfordshire, Wiltshire,* and *Kent,* and other places of this Land.

Time.] It flowreth in *May* and *June*, abideth after Seed-time green all the Winter.

Govern-

Government and Vertues.] *Venus* claims the Herb as her own. Lady Mantle is very proper for those Wounds that have Inflamation and is very effectual to stay bleedings, vomitings, Fluxes of all sorts in man or Women, and bruises by falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over grow flagging Breasts, causing them to grow less and hard, being both drunk, and outwardly applied: The distilled Water drunk for twenty dayes together, helpeth Conception, and to retain the Birth; if the Woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular Wound Herbs that is, and therefore highly prized and praised by the *Germans*, who use in all Wounds inward and outward, to drink the Decoction thereof, and wash the Wounds therewith or dry Tents therein, and put them into the Wounds, which wonderfully drieth up all humidity of the sores, and abateth Inflamations therein: It quickly healeth all green Wounds, not suffering any corruption to remain behind, and cureth old sores, though fistulous and hollow.

Inflammations, Bleeding, Vomiting, Fluxes, Bruises, Ruptures, Flagging Breasts, Barrenness, Women with Child.

Lavender.

BEing an Inhabitant in almost every Garden, it is so well known, that it needeth no Description.

Time. It flowreth about the end of *June*, and beginning of *July*.

Government and Vertues.] *Mercury* owns the Herb, and it carries his effects very potently. *Lavender* is of special good use for all the griefs and pains of the Head and Brains that preceed of a cold cause, as the Apoplexy, Falling-sickness, the drouzy or sluggish Malady, Cramps, Convulsions, Palseys, and often faintings. It strengtheneth the Stomach, and freeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expelleth the dead Child and After-birth. The Flowers of Lavender steeped in Wine, helpeth them to make water that are stopped, or are troubled with the Wind or Cholick, if the places be bathed therewith; a Decoction made with the flowers of Lavender, Horehound, Fennel, and Asparagus Roots and a little Cinnamon, is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain. To gargle the Mouth with the Decoction thereof is good against the Toothach. Two spoonfuls of the distilled Water of the Flowers taken, helpeth them that have lost their voice, as also the tremblings and passions of the Heart, and faintings and swoonings, not only being drunk, but applied to the Temples, or Nostrils to be smelt unto, but it is not fit to use it where the body is replear with Blood and humors, because of the hot and subtil spirits wherewith it is possessed. The Chymical Oyl drawn from Lavender, usually called Oyl of Spike, is of so fierce and piercing

Head, Brains, Apoplexy. Falling-sickness, Lethargy, Cramps, Convulsions, Palsey both dead and shaking, Stomach, Liver, Spleen, Terms provokes, Cholick, Vertigo, Loss of Voyce, Trembling, Fainting.

is that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Griefs.

Lavender Cotton.

It being a common Garden Herb, I shall forbear the Description, only take notice, That it flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Mercury*. It resisteth Poyson, Putrifaction, and helps the Poyson, Putrifyings of Venemous Beasts: A dram of the Powder of the *fallion*, Vermoth Leaves taken every morning fasting in any convenient *mans Beasts*, Vehicle, stops the Running of the Reins in Men, and Running of the Whites in Women. The Seed being beaten into Powder, *Reins, whites* and taken as Wormseed, it kills the Worms, not only in *Women*, Children but also in people of riper years: the like doth *Worms, Scabs*, the Herb it self being boyled in Milk, and the Milk drunk: *Itch.* The Body bathed with the Decoction of it, helps Scabs and Itch.

Ladies-Smocks, or Cuckoo-Flowers.

Descript.] *The Root is composed of many small white threds, from whence spring up divers long stalks of winged Leaves consisting of many round tender dark green Leaves set one against another upon a middle rib, the greatest being at the end, amongst which rise up divers tender weak and green stalks, somewhat divided into longer and smaller Leaves upon them; on the tops of which stand flowers almost like Stock Gillyflowers, but rounder and not so long, of a blushing white colour: The Seed is reddish, and groweth in small pouches, being of a sharp biting taste and so hath the whole.*

Place. They grow in moist places and neer to Brook-sides.

Time.] They flower in April, or May, and the lower Leaves continue green all the Winter.

Government and Vertues.] They are under the Dominion of the *Moon*, and very little inferior to Water-Cresses in all their operation: They are excellent good for the *Scurvy, Stone, Strangury*: they provoke Urin and break the Stone, and excellently warm a cold and weak Stomach, restoring lost appetite, and helping digestion. *Scurvy, provoke strine, Stone, Stomach, lost Appetite, Indigestion.*

Lettuce.

It is well known, being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

Government and Vertues. The *Moon* owns them, and that's the Reason they cool and moisten what heat and dryness *Mars* causeth, because *Mars* hath his fall in *Cancer*, and they cool the Heart, because the Sun rules it, between whom and the *Moon* is a Reception in the Generation of Man, as you may see in my Guide for Women. The Juyce of *Lettuce* mixed or boyled

with

Head-ach, Indigestion, Thirst, Milk increaseth, Choler, Bowels, Lust, Venerious Dreams, Inflammation, Heat of Urine.

with Oyl of Roses, and applied to the fore-head and temple procureth sleep, and easeth the Head-ach proceeding of an hot cause: being eaten boyled, it helpeth to loosen the Belly. It helpeth digestion, quencheth thirst, encreeseth Milk in Nurses, easeth griping pains of the Stomach or Bowels, that come of Choler. It abateth Bodily Lust, represseth Venerious Dreams being outwardly applied to the Cods with a little Camphire. Applied in the same manner to the Region of the Heart, Liver or Reins, or by bathing the said place with the juyce or distilled water, wherein some white sanders, or red Roses are put also it not only represseth the heat and Inflammation therein, but comforts and strengthens those parts, & also tempereth the heat of Urine. *Galen* adviseth old men to use it with spices, and where spices are wanting, to add Mints, Rocket, and such like hot Herbs or else Citron, Lemon, or Orange seeds to abate the cold of one, and heat of the other. The Seed and distilled water of the Lettuce work the like effects in all things: but the use of Lettuce is chiefly forbiden to those that are short winded, or have any Imperfection in the Lungs, or spit Blood.

The Water-Lilly.

OF these there are two principally noted kinds, *viz.* The white, and the yellow.

Descript.] The white Lilly hath very large, and thick dark green Leaves lying on the water, sustained by long and thick Foot-stalks, that rise from a great, thick, round and long tuberous black Root, spungy or loose with many knobs thereon like Eyes, and Whitish within, from amidst the which rise other the like thick & great stalks, sustaining one large white flower thereon green on the outside, but as white as Snow within, consisting of divers rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threds or thrums in the middle, where after they are past stand round Poppy-like Heads full of broad, oily, and bitter seed.

The yellow kind is little different from the former, save onely it hath seven Leaves on the Flowers, greater and more shining seed, and a whitish Root both within and without: The Roots of both being somewhat sweet in taste.

Place.] They are found growing in great Pools and standing waters, and sometimes in slow running Rivers and lesser Ditches of water, in sundry places of this Land.

Time. They flower most commonly about the end of *May*, and their Seed is ripe in *August*.

Government and Vertues,] The Herb is under the Dominion of the *Moon*, and therefore cools and moistens like the former. The Leaves and Flowers of the *Water-Lilies* are cold and moist, but the Root and Seed is cold and dry: The Leaves do cool all Inflammations and both outward and inward heat of Agues, and so doth the

Inflammations, Agues,

Flo

lowers also, either by the Syrup or Con[illegible]: The Syrup helpeth much or
ocure rest, and to settle the Brains of [illegible]tick persons,
y cooling the hot distemperature of the Head. The
ed as well as the Root is effectual to stay Fluxes of
lood or Humors, either of wounds, or of the Belly: but
e Roots are most used, some choosing the one, and some
e other, to be more effectual to cool, bind, and restrain
l Fluxes in Man or Woman, as also the Running of the
eins, and the passing away of the seed when one is
leep: but the frequent use hereof extinguisheth Venerious Actions: The
oot is likewise very good for those whose Urine is hot and sharp, to be boy-
d in Wine or Water, and the Decoction drunk. The distilled water of the
owers is very effectual for all the Diseases aforesaid, both inwardly taken
d outwardly applied, and is much commended to take away Freckles,
ots, Sunburn, and Morphew from the Face, or other parts of the Body.
e Oyl made of the flowers, as Oyl of Roses is made, is profitably used to
l hot Tumors, and the Inflammations of Ulcers and Wounds, and to ease
e pains, and help the sores.

Watching, Frenzie, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morphew.

Lilly of the Valley.

CAlled also *Corval-Lilly, May-Lilly,* and *Lilly Confancy.*

Descript. *The Root is small, and creepeth far in the Ground, as Grass*
ots do: the Leaves are many, amongst which ariseth up a stalk half a foot high,
th many white flowers like little bells, with turned edges, of a strong, though
ing smell: the Berries are red, not much unlike those of Sparagus.

Place. They grow plentifully upon *Hamsted-heath,* and in many other
ces in this Nation.

Time. They flower in *May,* and the Seed is ripe in *September:*

Temperature and Vertues. It is under the Dominion of *Mercury,* and
erefore there is no question to be made but it streng-
es the Brain, recruits a weak Memory, and makes
strong again: The distilled Water dropped into the
es, helps inflammations there, as also that infirmity
h they call a pin and web: the spirit of the flowers
illed in Wine, restoreth lost speech, helps the palsie,
d is exceeding good in the Apoplexy, comforteth the
art and vital spirits. *Gerard* saith, That the flowers
g close stopped up in a Glass put into an Ant-hil, and taken away again
oneth after, you shall find a Liquor in the Glass, which being outwardly
lyed helps the Gout.

Brain, Memory, Inflammations in the Eyes, pin & web, lost speech, Palsie, Apoplexy, Heart, Vital Spirits, Gout.

White-Lillies.

T were in vain to describe a Plant so commonly known in every ones
Garden, therefore I shall not tell you what they are, but what they are
d for.

Govern-

Government and Vertues. Th[illegible] under the Dominion of the *Moor*, a[illegible] By Antipathy to *Mars*, expel poy[illegible]: they are excellent good in Pestile[illegible]tial Feavers: The Roots being bruised and boyled in Wine, and the D[illegible]coction drunk, for it expels the Venom to the exteriour p[illegible] of the Body: the Juyce of it being tempered with Barl[illegible] meal baked, and so eaten for ordinary bread, is an excell[illegible] Cure for the Dropsie: An Oyntment being made of [illegible] the Root & Hogs grease, is excellent good for Scal'd-he[illegible] and unites Sinews when they are cut; besides the Ve[illegible] that it hath to cleanse Ulcers, it being of a fine suppura[illegible] quality: The Root boyled in any convenient Decoct[illegible] gives speedy delivery to Women in Travel, and expels [illegible] After-birth: The Root roasted and mixed with a li[illegible] Hogs-grease, makes a gallant Pultiss to ripen and br[illegible] Plague-sores: The Oyntment is excellent good for s[illegible]lings in the Privities, and will cure Burnings & Scald[illegible] without a scar, and trimly deck a bald place with Hai[illegible]

Poyson, Pestilential Feavers, Venom, Dropsie, Scall'd Heads, Unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth.

Liquoris.

Descript. Our English Liquoris *riseth up with divers woody stalks, wh[illegible] on are set at several distances, many narrow, long, green Lea[illegible] see together on both sides of the stalks, and an odd one at the end, very well [illegible]sembling a young Ash-tree sprung up from the seed: This by many years con[illegible]ance in a place without removing, and not else, will bring forth Flowers, [illegible] standing together spike fashion one above another upon the stalks, of the for[illegible] Pease-blossoms, but of a very pale blew colour, which turn into long, some[illegible] flat, and smooth Cods, wherein is contained small, round, hard seed: The [illegible] runneth down exceeding deep into the ground, with divers other smaller Roots [illegible] Fibres growing with them, and shoot out Suckers from the main Roots all a[illegible] whereby it is much increased, of a brownish colour on the outside, and y[illegible] within.*

Place. It is planted in Fields and Gardens in divers places of this L[illegible] and thereof good profit is made.

Government and Vertues. It is under the Dominion of *Mercury*. *Liq*[illegible] boyled in fair Water with some Maiden-hair and F[illegible] maketh a good Drink for those that have a dry Cough [illegible] Hoarsness, Wheesing, Shortness of Breath, and fo[illegible] the griefs of the Breast & Lungs, Phtisick or Consu[illegible]tions caused by the Distillation of Salt humors on th[illegible] It is also good in all pains of the Reins, the Strang[illegible] and heat of Urine: The fine powder of *Liquoris* bl[illegible] through a quill into the Eyes that have a Pin and Web (as they call it) [illegible] Rheumatick Distillations into them doth cleanse and help them: [illegible] Juyce of *Liquoris* is as effectual in all the Diseases of the Breast and L[illegible] the Reins and Bladder, as the Decoction. The Juyce dissolved in Rose-w[illegible] with some Gum Tragacanth, is a fine licking Medicine for Hoars[illegible] Wheesings, &c.

Cough, Hoarsness, Phtisick, Consumptions, Reins, Strangury, Heat of urine, Eyes, Bladder.

Liver-wort.

Description. *Common Liver-wort groweth close, and spreadeth much upon the ground in moist and shadowy places, with many fair green leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise small slender stalks an inch or two high at most, bearing small star-like flowers at the tops: The Roots are very fine and small.*

Government and Vertues. It is under the Command of *Jupiter*, and under the sign *Cancer*. It is a singular good Herb for the Diseases of the Liver, both to cool & cleanse it, and help the inflammations in any part, and the Yellow-Jaundice likewise: being bruised and boyled in small beer and drunk, it cooleth the heat of the Liver and Kidneys, and helpeth the running of the Reins in Men, and the Whites in Women: It is a singular Remedy to stay the spreading of Tetters, Ringworms, and other fretting and running sores and scabs, and is an excellent Remedy for such whose Livers are corrupted by surfeits, which causeth their bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable.

Liver, Inflammation, Yellow Jaundice, Spleen, Running of the Reins, Whites, Tetters, ring-worms, Surfeits.

Loose-strife, or Willow Herb.

Description. *Common yellow Loose-strife groweth to be four or five foot high, or more, with great round stalks a little crested, diversly branched from the middle of them to the tops into great and long branches, all which at the joynts there grow long and narrow Leaves, but broader below, and usually two at a joynt, yet sometimes three or four somewhat like Willow Leaves, smooth on the edges, and of a fair green colour from the upper joynts of the branches, and at the tops of them also stand many yellow flowers of five leaves a piece, with divers yellow threds in the middle, which turn into small round heads, containing small cornered seeds: The Root creepeth under ground, much like Couch-grass, but greater, and shooteth up every spring brownish heads, which afterwards grow up into stalks: It hath no scent nor taste, but only astringent.*

Place. It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time. It flowreth from *June* to *August*.

Government and Vertues. This Herb is good for all manner of bleeding in the Mouth or Nose, or Wounds, and all Fluxes of the Belly, as the Bloody-flux, given either to drink, or taken by clyster, it stayeth also the abundance of Womens Courses: it is a singular good Wound-Herb for green wounds to stay bleeding, and quickly close together the Lips of the wounds, and if the herb be bruised, and the juice only applied: it is often used in Gargles for sore Mouths, as also for the secret

Bleeding, Flux, Bloody-flux, Terms stops, Wounds, Sore Mouth, Privities, Gnats.

secret parts: The smoak hereof being burned, driveth away Flies and Gnats which use in the night time to molest people inhabiting near Marshes, as in the Fenny Countreys.

Lool-strife, with spiked heads of Flowers.

Descript. *This groweth with many woody square stalks, full of joints, about three foot high at least, as every one whereof, stand two Leaves, shorter, narrower, and of a larger green colour than the former, and brownish. The stalks are branched into many long stems of spiked Flowers, a foot long, growing in Bundles one above another, out of small husks very like the spiked heads of Lavender, each of which Flowers have five round pale Leaves of a purple Violet colour, or somewhat inclining to yellowish which stand small round heads after the Flowers are fallen, wherein is contained the seed: The Root creepeth under ground like unto the yellow, but is greater than it; and so are the heads of the Leaves which they first appear out of the ground more brown than the other.*

Place. It groweth usually by Rivers and Ditches sides in wet Grounds as about the Ditches at and near *Lambeth*; and in many other places of this Land.

Time. It flowreth in the Moneths of *June* and *July*.

Government and Vertues. The Herb is an Herb of the *Moon*, and under the Sign *Cancer*: neither do I know a better Preserver of the sight where 'tis well; nor a better Cure of sore Eyes, than Eye-bright taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is so whit [illegible] unto the former, it having not only all the Vertues which the former has, but some peculiar Vertues of its own found out by experience, as namely, The distilled water is a present Remedy for Hurts and Blows on the Eyes, and for Blindness, so as the Christalline humor be not perished or hurts and this hath been sufficiently proved true by the experience of a man of Judgement, who kept it long to himself as a great secret: It also cleareth the Eyes of dust or any other thing gotten into them, and preserveth the sight. It is also very available against Wounds and Thrusts, being made into an Ointment on this manner, To every ounce of the Water, add two drams of *May*-butter without salt, and of Sugar and Wax, of each as much also, let them boyl gently altogether: Let tents be dipped in the Liquor that remaineth after it is cold, & put into the wounds, and the place covered with a linnen cloth doubled and anointed with the Ointment: and this is also an approved medicine. It likewise cleanseth and healeth all foul Ulcers & Sores whatsoever, and stayeth their Inflammations by washing them with the water, and laying on them a green Leaf or two in the Summer, dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinsie, or Kings-Evil in the Throat. The said water applied warm, taketh away all Spots, Marks, and Scabs in the skin: And a little of it drunk, quencheth thirst when it is extream[illegible]

Eyes, Blindness, Wounds, Ulcers, Inflammations, Quinsie, Kings-Evil, Spots, Marks, Scars.

LOV[illegible]

Lovage.

Deſcript. IT hath many long and great ſtalks, of large winged Leaves divided into many parts, like Smallage, but much larger and greater, every leaf being cut about the edges, broadeſt forward, and ſmalleſt at the ſtalk, of a ſad green colour, ſmooth and ſhining, from among which riſe up ſundry ſtrong, hollow, green ſtalks, five or ſix foot, yea ſometimes ſeven or eight foot high, full of joynts, but leſſer Leaves ſet on them than grow below; and with them towards the tops come forth long branches, bearing at their tops large umbels of yellow flowers; and after them flat brownish ſeed. The Root groweth thick, great, and long, ſpreading much, and enduring long, of a brownish colour on the out-ſide, and whitiſh within. The whole Plant, and every part of it, ſmelleth ſtrong, and aromatically, and is of an hot, ſharp, biting taſte.

Place. It is uſually planted in Gardens, where if it be ſuffered, it groweth huge and great.

Time. It flowreth in the end of *July*, and ſeedeth in *Auguſt*.

Government and Vertues. It is an Herb of the *Sun* under the Sign *Taurus*, *Saturn* offend the Throat (as he alwaies doth, if he be occaſioner of the malady, and in *Taurus* is the Geneſis) this is your Cure. It openeth, cutteth, and digeſteth Humors, and mightily provoketh Womens Courſes and Urine. Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm a cold ſtomach, helping digeſtion, and conſuming all raw and ſuperfluous moiſture therein: eaſeth all inward gripings and pains, diſſolveth wind, and reſiſteth Poyſon and Infection: It is a known and much practiſed Remedy to drink the Decoction of the Herb for any ſort of Ague, and to help the pains and torments of the body and bowels coming of cold. The ſeed is effectual to all the purpoſes aforeſaid (except the laſt) and worketh more powerfully: The diſtilled water of the Herb, helpeth the Quinſie in the Throat, if the mouth and throat be gargled and waſhed therewith, and helpeth the Pleuriſie, being drunk three or four times. Being dropped into the Eyes it taketh away the redneſs or dimneſs of them; it likewiſe taketh away Spots or Freckles in the Face. The Leaves bruiſed and fried with a little Hogs-Lard, and laid hot to any Botch or Boil, will quickly break it.

Humors, Terms provoked, Dizzy, Cold Stomach, Indigeſtion, Wind, poyſon, Epidemical Diſeaſes, Agues, Belly-ake, Quinſie, Pleuriſie, Spots, freckles, Boyls.

Lungwort.

Deſcript. THis is a kind of Moſs that groweth on ſundry ſorts of trees, eſpecially Oaks, and Beeches, with broad, grayiſh tough Leaves, curiouſly folded, crumpled, and gaſhed in on the edges, and ſometimes ſpotted, with many ſmall ſpots on the upper ſide; It was never ſeen to bear any ſtalk or flower at any time.

Government and Vertues. *Jupiter* ſeems to own this Herb. This is of great uſe with many Phyſitians to help the Diſeaſes of the Lungs, and for Coughs, Wheezings, and ſhortneſs of Breath

Lungs, Coughs, Wheezing, ſhort-

ness of Breath, ulcers in the Privities and else-where.

which it cureth both in Man and Beast; It is very pro[illegible] bly put into Lotions that are taken to stay the moist H[illegible] mors that flow to Ulcers, and hinder their healing, as also wash all other Ulcers in the privy parts of man or wo[illegible]

It is an excellent Remedy boyled in Beer for bro[illegible] winded Horses.

Madder.

Description. *GArden Madder shooteth forth many very long, weak, [illegible] square, reddish stalks trailing on the ground a great [illegible] very rough or hairy, and full of joynts; at every of those joynts come forth [illegible] vers long, and somewhat narrow Leaves, standing like a star about the sta[illegible] rough also and hairy, toward the tops whereof come forth many small pale y[illegible] Flowers: after which come small round heads, green at first, and reddish af[illegible] wards, but black when they are ripe, wherein is contained the Seed. The [illegible] is not very great, but exceeding long, running down half a mans length in[illegible] ground, red and very cleer while it is fresh, spreading divers waies.*

Place. It is only manured in Gardens or larger Fields for the profit [illegible] is made thereof.

Time. It flowreth towards the end of Summer, and the seed is ripe quic[illegible] after.

Government and Vertues. It is an Herb of *Mars.* It hath an opening [illegible] lity, and afterwards to bind and strengthen. It is an [illegible] red Remedy for the Yellow Jaundice, by opening the [illegible] structions of the Liver and Gall, & cleansing those [illegible] It openeth also the Obstructions of the Spleen, and [illegible] nisheth the Melancholick Humor, it is available for [illegible] Palsey and Sciatica, and effectual for bruises inwa[illegible] outward, and is therefore much used in Vulnerary [illegible] The Root for all those aforesaid purposes, is to be [illegible] in Wine or Water, as the cause requireth, and some [illegible] ney and sugar put thereunto afterwards. The seed [illegible] of taken with Vinegar and Honey, helpeth the swelli[illegible] hardness of the Spleen. The Decoction of the Leaves [illegible] Branches, is a good Fomentation for Women to sit [illegible] that have not their Courses. The Leaves and Roots [illegible] & applied to any part that is discoloured with Freckles, Morphew, the [illegible] Scurf, or any such deformity of the Skin, cleanseth them throughly, [illegible] taketh them away.

Yellow Jaundice, Obstructions of the Liver and Gall, Spleen, Melancholy, Palsie, Sciatica, bruises, inward and outward, Terms provokes, freckles, Morphew, Scurf.

Maiden Hair.

Description. *OUr common Maiden-hair, doth from a number of hard [illegible] fibres, send forth a great many blackish, shining, [illegible] stalks hardly a span long; in many not half so long, on each side set very [illegible] with small, round, dark green Leaves, and spotted on the back of them like [illegible] Fern.*

Place. It groweth much upon old ſtone Walls in the Weſt Parts, and Walls in *Kent*, and divers other places of this Land; it joyeth likewiſe to grow by Springs, Wells, and Rocky, moiſt and ſhadowy places; and is always green.

Wall-Rew, *or ordinary* White Maiden-hair.

Deſcription. *This hath very fine, pale green ſtalks almoſt as fine as hairs, ſet confuſedly with divers pale green Leaves as very ſhort foot-ſtalks ſomewhat neer unto the colour of Garden Rew, and not much differing in form, but more diverſly cut in on the edges, and thicker, ſmooth on the upper part, and ſpotted finely underneath.*

Place. It groweth in many places of this Land, at *Dartford*, and the Bridge at *Aſhford* in *Kent*, at *Beaconſfield* in *Buckingham-ſhire*, at *Wolley* in *Huntington-ſhire*, on *Framlingham* Caſtle in *Suffolk*, on the Church walls at *Rye* in *Suſſex*, in *Somerſet-ſhire*, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues. Both this and the former are under the Dominion of *Mercury*, and ſo is that alſo which follows after: and the Vertues of both theſe are ſo neer alike, that though I have deſcribed them and their places of growing ſeverally, yet I ſhall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb Maiden-hair being drunk, helpeth thoſe that are troubled with the cough, ſhortneſs of breath, the Yellow-jaundice, Diſeaſes of the Spleen, ſtopping of Urine, and helpeth exceedingly to break the ſtone in the Kidneys (in all which Diſeaſes the Wall-Rew is alſo very effectual) It provoketh Womens Courſes, and ſtayeth both Bleedings and Fluxes of the ſtomach and belly, eſpecially when the Herb is dry, for being green, it looſeneth the Belly, and avoideth Choler and Flegm from the Stomach and Liver, it cleanſeth the Lungs, and by rectifying the Blood, cauſeth a good colour to the whole Body. The Herb boyled in Oil of Chamomel, diſſolveth Knots, allayeth ſwellings, and dryeth up moiſt Ulcers. The Lye made thereof, is ſingular good to cleanſe the Head from ſcurf, & from dry & running ſores: ſtayeth the falling or ſhedding of the hair, and cauſeth it to grow thick, fair, and well coloured; for which purpoſe ſome boyl it in Wine, putting ſome Smallage-ſeed thereto, & afterwards ſome Oil. The Wall-Rue is as effectual as Maiden-hair in all Diſeaſes of the Head, & falling or recovering of the hair again, & generally for all the afore-mentioned Diſeaſes: And beſides, The powder of it taken in drink for forty daies together, helpeth the burſtings in Children.

Cough, *ſhortneſs of breath,* *the Yellow-Jaundice,* *Spleen,* *Diſury,* *Stone,* *Terms* *provoke,* *Bleeding,* *Fluxes,* *Lungs,* *Swellings,* *ulcers,* *Scurf,* *Sores,* *Baldneſs.*

Golden Maiden-Hair.

TO the two former give me leave to add this, and I ſhall do no more but only deſcribe it unto you; and for the Vertues refer you to the former,

mer, ſith whatſoever is ſaid of them, may be alſo ſaid of this.

Deſcription. *It hath many ſmall, brownish red hairs to make up the form Leaves growing about the ground from the Root, and in the middle of them Summer, riſe ſmall ſtalks of the ſame colour, ſet with very fine yellowiſh g hairs on them, and bearing a ſmall gold-yellow head, leſſer than a Wheat Co ſtanding in a great Huſk. The Root is very ſmall and threddy.*

Place. It groweth on Bogs and Mooriſh places, and alſo on dry ſhadow places, at *Hampſted-Heath*, and elſe-where.

Mallows, *and* Matſh-Mallows.

COmmon Mallows are generally ſo well known, that they need no D ſcription.

Our common Marſh-Mallows have divers ſoft hoary white ſtalks riſing t three or four foot high, ſpreading forth many Branches, the Leaves whereof ſoft and hairy, ſomewhat leſſer than the other Mallow Leaves, but longer ſ ted, cut (for the moſt part) into ſome few diviſions, but deep: The Flow are many, but ſmaller alſo than the other Mallows, and white, or tending to bluſh colour. After which come ſuch like round caſes and ſeed as in the o mallows. The Roots are many and long, ſhooting from one Head, of the big of a Thumb or Finger, very pliant, rough and bending like Liquorice, of a ni liſh yellow colour on the out-ſide, and more white within, full of a ſlimy ju which being laid in water, will thicken it, as if it were jelly.

Place. The common Mallows grow in every Countrey of this Land.

The common-Marſh-Mallows in moſt of the Salt Marſhes from *Ip wich* down to the Sea, both on the *Kentiſh* and *Eſſex* Shores, and in ſ other places of this Land.

Time. They flower all the Summer moneths, even until the Winter pull them down.

Government and Vertues. Venus owns them both. The Leaves of t ther of the ſorts before ſpecified, and the Roots alſo boyled in Wine Water, or in Broth with Parſly or Fennel-Roots, doth help

Agues, Choler, Griping in the Belly Milk, Excoriatio, Pthiſick, Pleuriſie, Travel in Women, Falling-ſickneſs.

open the Body, and is very convenient in hot Agues, or other ſtempers of the body; To apply the leaves ſo boyled, warm to t Belly, It not only voideth hot, cholerick, and other offen Humors, but eaſeth the pains and torments of the Belly com thereby; & are therefore uſed in all Clyſters conducing to t purpoſes: The ſame uſed by Nurſes, procureth them ſtore Milk. The Decoction of the ſeed of any of the common M lows, made in Milk or Wine, doth marvelouſly help excor ons, the Pthiſick, Pleuriſie, and other Diſeaſes of the Ch and Lungs that proceed of hot cauſes, if it be continued t for ſome time together: The Leaves and Root work the ſ effects: They help much alſo in the excoriations of the G and Bowels, and hardneſs of the Mother, and in all ſ

sharp Diseases thereof. The Juice drunk in Wine, or the Decoction of them therein, doth help women to a speedy and easie Delivery. *Pliny* saith, That whosoever shall take a spoonful of any of the Mallows, shall that day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also, and Conserve made of the Flowers, are very effectual for the same Diseases, and to open the Body being Costive. The Leaves bruised and laid to the eyes with a little honey, take away the Impostumations of them. The Leaves bruised or rubbed upon any place stung with Bees, Wasps, or the like, presently taketh away the pains, redness, and swellings that rise thereupon: And *Dioscorides* saith, the Decoction of the Leaves and Roots helpeth all sorts of poyson, so as the poyson be presently voided by Vomit. A Pultiss made of the Leaves boyled and bruised, whereunto add some Bean or Barly-flour, and Oil of Roses, is an especial Remedy against all hard Tumors & Imflammations or Imposthumes, & swellings of the Cods, and other parts, and easeth the pains of them; as also against the Hardness of the Liver or Spleen, being applied to the places. The juice of Mallows boyled in old Oil, and applied, taketh away all roughness of the skin, as also the scurf, Dandrif, or dry scabs in the head, or other parts, if they be anointed therewith, or washed with the Decoction, & preserveth the hair from falling off. It is also effectual against Scaldings and Burnings, St. *Anthonies* fire, and all other hot, red, and painful Swellings in any part of the body. The Flowers boyled in Oil or Water (as every one is disposed) whereunto a little Honey and Allum is put, is an excellent Gargle to wash, cleanse, and heal any sore Mouth or Throat in a short space. If the Feet be bathed or washed with the Decoction of the Leaves, Roots and Flowers, it helpeth much the defluxions of rheume from the head. If the head be washed therewith, it stayeth the falling and shedding of the hair. The green Leaves (saith *Pliny*) beaten with Nitre and applied, draw out Thorns or Pricks in the flesh.

Eyes, Bees, Wasps, &c. Poysons, Hard Swelling, Inflammation, Cods, Liver, Spleen, Roughness of the Skin, Scurf, Dandrif, Scabby Heads, Scalding, Burning, St. Anthonies fire, Sore mouth and Throat, Baldness, Thorns.

The Marsh-mallows are more effectual in all the Diseases before mentioned, the Leaves are likewise used to loosen the Belly gently, & in Decoctions for Clysters to ease all pains of the body, opening the strait passages, and making them slippery, whereby the stone may descend the more easily, and without pain out of the Reins, Kidneys and Bladder, and to ease the torturing pains thereof: But the Roots are of more special use for those purposes, as well for Coughs, Hoarsness, shortness of Breath, and Wheesings, being boyled in Wine or honyed Water, and drunk. The Roots and Seeds hereof boyled in Wine or Water, is with good success used by them that have Excoriations in the Guts, or the Bloody-flux, by qualifying the violence of sharp irritating humors, easing the pains, and healing the soreness: It is

Belly, Stone Reins, Kidneys, Bladder, Coughs, Shortness of Breath, Wheesing, Excoriation of the

Guts, Ruptures, Cramp, Convulsions, The Kings-Evil, Kernels, Chin-cough, Wounds, Bruises, Falls, Blows, Muscles, Morphew, Sunburning.

profitably taken of them that are troubled with Rupture, Cramps, or Convulsions of the Sinews; and boyled in white Wine for the Imposthumes of the Throat, commonly called the King's-Evil, and of those Kernels that rise behind the Ears, and Inflammations or Swellings in Womens Brests. The dried Roots boyled in milk and drunk, is special good for the Chin-cough. *Hyperates* used to give the Decoction of the Roots, or the juice thereof to drink to those that were wounded, and ready to faint through loss of Blood, & applied the same mixed with Honey and Rozin to the Wounds: as also the Roots boyled in wine to those that had received any hurt by bruises, falls or blows, or had any bone or member out of joynt, or any swelling pain or ach in the Muscles, Sinews or Arteries. The Musilage of the Roots, and of Linseed, and of Fenugreek put together, is much used in Pultisses, Ointments and Plasters, to mollifie and digest all hard swellings, and the inflammation of them, and to ease pains in any part of the Body. The seed either green or dry, mixed with Vinegar, cleanseth the skin of the Morphew, and all other discolourings, being bathed therewith in the Sun.

You may remember that not long since, there was a raging Disease called the Bloody-flux; the Colledge of Physitians not knowing what to make of it, called it, The Plague in the Guts, for their wits were at *non plus* about it, My Son was taken with the same Disease, and the Excoriation of his Bowels was exceeding great; my self being in the Countrey, was sent for up; the only thing I gave him, was Mallows bruised and boyled both in his milk and drink, in two daies (the blessing of God being upon it) cured him, and I here to shew my thankfulness to God in communicating it to his Creatures, leave it to posterity.

Maple-Tree.

Government and Vertues.

Liver strengthens, opens obstructions of the Liver and Spleen, pains in the sides.

IT is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, must needs strengthen the Liver much, and so you shall find it do, if you use it: it is excellent good to open Obstructions both of the Liver and Spleen, and easeth pains of the sides thence proceeding.

Wild-Marjerom.

CAlled also Organe, Origanum, Bastard-Marjerom, Wild-Marjerom and Grove-Marjerom.

Descript. Wild or Field-Marjerom *hath a Root which creepeth much under ground, whereby it continueth a long time, sending up sundry brownish, hard square stalks, with small, dark, green leaves, very like those of* Sweet Marjerom, *but harder, and somewhat broader; at the tops of the stalks stand spikes of Flowers, of a deep purplish red colour; the seed is small, and somewhat blacker than that of* Sweet Marjerom.

Place. It groweth plentifully in the Borders of Corn-fields, and in some Copses.

Time. It flowreth toward the later end of Summer.

Government and Vertues. This also is under the Dominion of *Mercury*. It strengthens the Stomach and Head much, there being scarce a better Remedy growing for such as are troubled with a sour Humor in their stomach; it restores Appetite being lost, helps the Cough, and Consumption of the Lungs, it cleanseth the Body of Choler, expelleth Poyson, and remedieth the infirmities of the Spleen, helps the bitings of venomous Beasts, and helps such as have poysoned themselves by eating Hemlock, Henbane, or Opium, it provoketh Urine and the Terms in Women, helps the Dropsie, and the Scurvie, Scabs, Itch, and the Yellow-Jaundice; the juice being dropped into the Ears, helps Deafness, Pain, and noise in the Ears. And thus much for this Herb, between which and Adders there is a deadly Antipathy.

Stomach, Head, Humors, Appetite, Cough, Consumption of the Lungs, Poyson, Choler, Spleen, Venomous Beasts, Poyson, urine provoketh, Terms provokes, Dropsie, Scurvy, Scabs, Itch, Leprosie, Yellow-Jaundice, Deafness, Noise and pains in the Ears.

Sweet Marjerom.

SWeet Marjerom is so well known, being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the Winter Sweet Marjerom, nor Pot Marjerom.

Place. They grow commonly in Gardens; some sorts there are that grow wild in the Borders of Corn-fields and Pastures, in sundry places of this Land, but it is not my purpose to insist upon them: The Garden kinds being most used and useful.

Time. They flower in the end of Summer.

Government and Vertues. It is an herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the same Planet. Our common Sweet Marjerom, is warming and comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts, taken inwardly, or outwardly applyed: The Decoction thereof being drunk, helpeth all Diseases of the Chest, which hinder the freeness of breathing, and is also profitable for the Obstructions of the Liver and Spleen: It helpeth the cold griefs of the Womb, and the windiness thereof, and the loss of Speech, by resolution of the Tongue. The Decoction thereof made with some Pellitory of Spain, and long Pepper, or with a little *Acorus* or *Origanum*, being drunk, is good for those that are beginning to fall into a Dropsie, for those that cannot make water, and against pains and torments in the Belly; it provoketh Womens Courses, if it be put up as a Pessary. Being made into Powder, and mixed with Honey, it taketh away the black marks of blows and bruises being

Head, Stomach, Brest, Obstructions, Liver, Spleen, Womb, Wind, Dropsie, Belly-ake, Terms provokes,

Marks of Blows, Noise in the Ears, Joynts, Sinews, Swellings, Sneezing, Flegm.

being thereto applied. It is good for the Inflammation and watering of the Eyes, being mixed with fine flour, and layed unto them. The Juice dropped into the Ears, easeth the pains and singing noise in them. It is profitably put into those Ointments and Salves that are made to warm and comfort the outward parts, as the Joynts and Sinews, for Swellings also, and places out of joynt. The Powder thereof snuffed up into the Nose, provoketh sneezing, and thereby purgeth the Brain; and chewed in the Mouth, draweth forth much flegm. The Oil made thereof, is very warming and comfortable to the joynts that are stiff, and the Sinews that are hard, to mollifie and supple them. Marjerom is much used in all odoriferous Waters, Powders, *&c.* that are for ornament or delight.

Marigolds.

THese being so plentiful in every Garden, are so well known, that they need no Description.

Time. They flower all the Summer long, and sometimes in Winter, if it be mild.

Government and Vertues. It is an Herb of the Sun, and under *Leo*: They strengthen the Heart exceedingly, and are very expulsive, and little less effectual in the Small Pox and Meazels than Saffron. The Juice of *Marigold-leaves* mixed with Vinegar, and any hot swelling bathed with it, instantly giveth ease, and asswageth it. The flowers either green or dryed, are used much in Possets, Broths, and Drinks, as a comforter of the Heart and Spirits, and to expel any malignant or pestilential quality which might annoy them. A Plaister made with the dry flowers in Powder, Hogs-grease, Turpentine and Rosin, applied to the Brest, strengthens and succours the Heart infinitely in Feavers, whether pestilential or not pestilential.

Heart, Vital Spirits, Pestilence. Small Pox, Meazels, Hot swellings, Feavers, Pestilence.

Masterwort.

Descript. COmmon Masterwort *hath divers stalks of winged Leaves divided into sundry parts, three for the most part standing together at a small foot-stalk on both sides of the greater, and three likewise at the end of the stalk, somewhat broad and cut in on the edges, unto three or more divisions, all of them dented about the brims, of a dark green colour, somewhat resembling the Leaves of* Angelica, *but that these grow lower to the ground and on lesser stalks; among which rise up two or three short stalks, about two foot high, and slender, with such like Leaves at the joynts as grow below, but with lesser and fewer divisions, bearing umbels of white Flowers, and after them small, thin, flat, blackish seed, bigger than* Dill-seeds: *The Root is somewhat greater, and groweth rather side-waies than down drop into the ground, shooting forth sundry heads, which taste sharp, biting on the tongue, and is the hottest and sharpest part of the Plant, and the seed next unto it.*

being somewhat blackish on the out-side, and smelling well.

Place. It is usually kept in Gardens with us in *England.*

Time. It flowreth and seedeth about the end of *August.*

Government and Vertues. It is an Herb of *Mars.* The Root of *Masterwort* is hotter than Pepper, and very available in all cold griefs and Diseases both of the stomach and body, dissolving very powerfully upward and downward: It is also used in a Decoction with Wine against all cold Rheums, or Distillations upon the Lungs, shortness of Breath, to be taken morning and evening; it also provoketh Urine, and helpeth to break the Stone, and expel the Gravel from the Kidneys, procureth Womens Courses, and expelleth the dead birth: is singular good for strangling of the Mother, and other such like Feminine Diseases. It is effectual also against the Dropsie, Cramps, and the Falling-sickness, for the Decoction in Wine being gargled in the Mouth, draweth down much Water and flegm from the brain, purging & easing it of what oppresseth it. It is of a rare quality against all sorts of cold poyson, to be taken as there is cause, it provoketh sweat: but lest the taste hereof, or of the seed (which worketh to the like effect, though not so powerfully) should be too offensive, the best way is to take the Water distilled both from the Herb and Root, The Juice hereof dropped, or Tents dipped therein, and applied either to green Wounds, or filthy rotten Ulcers, and those that come by invenomed weapons, doth soon cleanse & heal them. The same is also very good to help the Gout coming of a cold cause.

Cold griefs, Stomach, Cold Rheums, Urine, Stone, Gravel, Womens Courses, Dead-child, Mother, Dropsie, Cramps, and Falling-sickness, Cold poysons, Sweat, Green Wounds, Rotten Ulcers, Gout.

Sweet Maudlin.

Descript. *Common* Maudlin *hath somewhat long, and narrow Leaves, snip'd about the edges: the stalks are two foot high, bearing at the tops many yellow Flowers, set round together, and all of an equal height in umbels, or tufts like unto Tansie; after which followeth small whitish seed, almost as big as Worm-seed. The whole Herb is sweet and bitter.*

Place and Time. It groweth in Gardens, and flowreth in *June* and *July.*

Government and Vertues. The Vertues hereof being the same with Costmary or Alecost, I shall not trouble you to make any repetition thereof, lest my Book grow too big: but rather refer you unto Costmary for satisfaction.

The Medlar.

Descript. *The Tree groweth neer the bigness of the* Quince-Tree, *spreading Branches reasonable large, with longer and narrower Leaves than either the* Apple *or* Quince, *and not dented about the edges: At the end of the sprigs stand the Flowers made of five white, great, broad pointed Leaves, nicked in the middle with some white threads also*

after which cometh the fruit of a brownish green colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off or fallen away, the Head of the Fruit is seen to be somewhat hollow. The fruit is very harsh before it be mellowed, and hath usually five hard kernels within it.

There is another kind hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not; and usually the Fruit is small, and not so pleasant.

Time and Place. They grow in this Land, and flower in *May* for the most part, and bear fruit in *September* and *October*.

Government and Vertues. The Fruit is old *Saturns*, and sure a better Medicine he hardly hath to strengthen the retentive Faculty, therefore it stays Womens longings; the good old man cannot endure womens minds should run a gadding. Also a Plaister made of the Fruit dried before they be eaten, and other convenient things, and applied to the Reins of the Back, stops miscarriage in women with Child. They are very powerful to stay any Fluxes of blood or humors in man or woman: the Leaves have also the like quality. The Fruit eaten by Women with Child, stayeth their longings after unusual meats, and is very effectual for them that are apt to miscarry, and be delivered before their time, to help the Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth when there is any desluxion of blood to stay it, or of humors which causeth pains and swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly, or for the Piles when they bleed too much. If a Pultiss or Plaister be made with dried Medlars, beaten and mixed with the juice of red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Coral also and applied to the Stomach that is given to casting or loathing of meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding wounds, restraineth the blood, and healeth up the wound quickly. The Medlar stones made into Powder and drunk in Wine wherein some Parsley-Roots have lien infused all night, or a little boyled, do break the stone in the Kidneys, helping to expel it.

Miscarriage, Fluxes, stayeth Womens Longings, Hinders Miscarriage, Gargle, Womens Courses, Piles, Loathing of Meat, or Casting, Bleeding, Fresh Wounds, Stone in the Kidneys.

Melilot, *or* Kings Claver.

Descript. THis hath many green stalks two or three foot high, rising from a tough long white Root which dieth not every year, set round about at the joynts with small, and somewhat long, well smelling Leaves set three together, unevenly dented about the edge. The flowers are yellow, and well smelling also, made like other Trefoyl, but small, standing in long spikes one above another, for an hand breadth long or better, which afterwards turn into long crooked Cods, wherein is contained flat seed, somewhat brown.

Place. It groweth plentifully in many places of this Land, as in the edge of *Suffolk*, and in *Essex*, as also in *Huntington-shire*, and in other places, but most usually in Corn-fields, in corners of Meadows.

Time. It flowreth in *June* and *July*, and is ripe quickly after.

Government and Vertues. *Melilot* boyled in Wine, and applied, mollifieth all hard tumors and inflammations that happen in the eyes or other parts of the body, as the fundament, *mors* & its or privy parts of men or women; and sometimes the yolk of a roasted egg, or fine Flower, or Poppy-seed, or Endive is to the Eyes added unto it. It helpeth the spreading Ulcers in the head, it or else-where, being washed with a Lye made thereof. It helpeth the pains of the of the stomach being applied fresh, or boyled with any of the afore-named things. It helpeth also the pains of the Ears, being dropped into them: and steeped in Vinegar Rose-water, it mitigateth the head-ach. The flowers of Melilot and Chamomel are much used to be put together in Clysters to expel wind, and to ease pains; also into Pultisses for the same purpose, and to asswage swellings or tumors in the Spleen or other parts; and helpeth inflammations in any part of the body. The juice dropped into the Eyes, is a singular good Medicine to take away any film or skin that clouded or dimmeth the Eye-sight. The head often washed with the distilled water of the Herb and Flowers, or a Lye made therewith, is effectual for those that have suddenly lost their Senses, as also to strengthen the Memory, to comfort the Head and Brains, and to preserve them from pains and the Apoplexy.

Hard Tumors in Stomach dimmess of Sight, Stummer Head-ach, wind, Spleen, Memory, Apoplexy.

French, *and* Dogs-Mercury

Descript. *This riseth up with a square green stalk full of joynts, two foot high or thereabouts, with two Leaves at every joynt, and branches likewise from both sides of the stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of Basil finely dented about the edges: towards the tops of the stalks and branches come forth at every joynt in the Male Mercury, two small, round, green heads standing together upon a short foot-stalk, which growing ripe, are seeds, not having any Flowers. In the Female the stalk is longer, spike-fashion, set round about with small green husks, which are the flowers made like small branches of Grapes which give no seed, but abide long upon the stalks without shedding. The Root is composed of many small fibres, which perisheth every year at the first approach of winter, and riseth again of its own sowing, and if once it is suffered to sow it self, the ground will never want afterwards, even both sorts of it.*

Dogs-Mercury.

HAving described unto you that which is called *French Mercury*, I come now to shew you in the Description this kind also.

Description. *This is likewise of two kinds, Male and Female, having many stalks,*

stalks, slender and lower than Mercury, and without any branches at all upon them, The Root is set with two Leaves at every joynt, somewhat greater than the Female, but more pointed and full of Veins, and somewhat harder in handling, of a darker green colour, and less dented or snip'd about the edges. At the joynts with the Leaves come forth longer stalks than the former, with two hard round seeds upon them, twice as big as those of the former Mercury. The taste hereof is herby, and the smell somewhat strong and virulent. The Female hath much harder Leaves standing upon longer foot-stalks, and the stalks are also longer from the joynts come forth spikes of Flowers, like the French Female Mercury. The Roots of them both are many, and full of small fibres, which run under ground, and mat themselves very much, not perishing as the former Mercuries do, but abiding the winter, and shoot forth new branches every year, for the old die down to the ground.

Place. The Male and Female French Mercury are found wild in divers places of this Land; as by a Village called *Brookland* in *Romney* Marsh in *Kent*.

The Dogs-Mercury in sundry places of *Kent* also, and else-where: but the Female more seldome than the Male.

Time. They flourish in the Summer Moneths, and therein give their Seed.

Government and Vertues. *Mercury* they say owns this Herb, but I rather think 'tis *Venus*, and am partly confident of it too: for I never read that *Mercury* ever minded Womens business so much. I believe he minds his Study more. The Decoction of the Leaves of Mercury, or the Juice thereof in Broth, or drunk with a little Sugar put to it, purgeth Choleric and watrish humors, *Hippocrates* commended it wonderfully for Womens Diseases; and applied to the secret parts to ease the pains of the Mother; and used the Decoction of it both to procure Womens Courses, & to expel the After-birth. And gave the Decoction thereof with Mirrh or Pepper, or used to apply the Leaves outwardly against the Strangury, & diseases of the Reins and Bladder. He used it also for sore and watery Eyes, and for the Deafness and pain in the Ears, by dropping the Juice thereof into them, and bathing them afterwards in White-Wine. The Decoction thereof made with water, and a Cock Chicken, is a most safe Medicine against the hot fits of Agues. It also cleanseth the Brest and Lungs of Flegm, but a little offendeth the stomach. The Juice or distilled water snuffed up into the Nostrils, purgeth the Head & Eyes of Catarrhs and Rheums. Some use to drink two or three ounces of the distilled Water, with a little Sugar put to it, in the morning fasting, to open and purge the Body of gross, viscous and melancholy humors. It is wonderful (if it be not fabulous) that *Dioscorides* and *Theophrastus* do relate of it, viz. That if Women use these herbs either inwardly or outwardly for three days together after Conception, and their Courses be past, they shall bring

Purgeth Cholerick Humors, promoteth sickness, Mother, Womens Courses, Strangury, sore Eyes, Agues, Flegm, Rheums and Catarrhs, Melancholy Humors, Yellow Jaundice, Warts,

bring forth Male or Female Children, according to that kind of Herb they use. *Matthiolus* saith that the seed both of the Male & Female Mercury boyled with Wormwood and drunk, cureth the Yellow-Jaundice in a speedy manner. The Leaves or the Juice rubbed upon Warts, taketh them away. The Juice mingled with some Vinegar, helpeth all running Scabs, Tetters, Ring-worms, and the Itch. *Galen* saith, that being applied in manner of a Pulcis to any Swelling or Inflammation, it digesteth the swelling, & allayeth the Inflammation, & is therefore given in Clysters to evacuate from the Belly offensive humors. The Dogs Mercury, although it be less us'd, yet may serv in the same manner to the same purpose to purge waterish & melancholy humors.

Scabs, Tetters & Ring-worms, Swellings, Inflammations, waterish and Melancholy Humors.

Mint.

Descript. OF *all the kinds of* Mints, *the* Spear-mint, *or* Hart-mint *being most useful, I shall only describe it as followeth.* Spear-mint *hath divers round stalks and long, but narrowish Leaves set thereon, of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale blue colour. The smell or scent hereof is somewhat near unto Basil, it increaseth by the Root under ground, as all the others do.*

Place. It is an usual Inhabitant in Gardens, and because it seldome giveth any good seed, the effect is recompensed by the plentiful increase of the Root, which being once planted in a Garden, will hardly be rid out again.

Time. It flowreth not until the beginning of *August*, for the most part.

Government and Vertues. It is an Herb of *Venus*. *Dioscorides* saith, it hath a heating, binding and drying quality, and therefore the Juice taken with Vinegar, stayeth bleeding: it stirreth up Venery, or bodily Lust. Two or three branches thereof taken with the Juice of sour Pomegranates, stayeth the Hiccough, Vomiting, and allayeth the Choler. It dissolveth Imposthumes being laid to with Barly-meal. It is good to express the milk in Womens Brests, and for such as have swain, flagging or great Brests. Applyed with salt, it helpeth the biting of a mad Dog; with Mead or honyed water, it easeth the pains of the Ears, and taketh away the roughness of the tongue, being rubbed thereupon. It suffereth not milk to curdle in the stomach, if the leaves thereof be steeped or boyled in it before you drink it. Briefly, it is very profitable to the stomach. The often use hereof is a very powerful Medicine to stay Womens Courses, & the Whites. Applyed to the Forehead & Temples, it easeth pains of the Head, and is good to wash the heads of young Children therewith, against all manner of breakings out, sores or scabs therein, and healeth the chops of the Fundament. It is also profitable against the poyson of venomous creatures. The distil-

Provokes venery, staies Vomiting, allayeth Choler, Imposthumes, great Brests, mad Dogs biting, pains of the Ears, good for the Stomach, pains of the Head, Sores and Scabs, Chops of the Fundament, Poyson, helpeth Liver and Stomach, stayeth Vomiting, and Hiccough, provoketh Lust.

Spleen, Gravel, Stone and Strangury; comforts the Head, sore Mouth, ill Breath, Palate down.

distilled water of Mints is available to all the purp aforesaid, yet more weakly. But if a Spirit thereof rightly and Chymically drawn, is much more pow ful than the herb it self. *Simeon Sethi* saith it helpeth cold Liver, strengthneth the Belly and Stomach, caus digestion, stayeth Vomits & the Hiccough, is good aga the gnawing of the Heart, provoketh appetite, taketh way Obstructions of the Liver, and stirreth up bo Lust; but therefore too much must not be taken, because it maketh blood thin and wheyish, and turneth it into Choler, and therefore Choler persons must abstain from it. It is a safe medicine for the biting of a m Dog, being bruised with salt, and laid thereon. The powder of it being dr and taken after meat, helpeth digestion, and those that are Splenetick: t ken with Wine, it helpeth women in their sore Travel in Child-bearin It is good against the Gravel and Stone in the Kidneys, and the Strangu Being smelled unto, it is comfortable for the head and memory. The D coction thereof gargled in the mouth, cureth the Gums and Mouth that sore, and mendeth an ill-favoured Breath: as also with Rew and Coriand causeth the palate of the mouth that is down to return to his place, the D coction being gargled and held in the mouth.

The Vertues of the wild or Horse-mint, such as grow in Ditches (wh Description I purposely omitted, in regard they are well enough known especially to dissolve wind in the Stomach, to help the Ch lick, and those that are short-winded, and are an especi

Wind, Venerial Dreams, ill nightly Pollutions, Ears pained, biting of Serpents, Kings-Evil, a stinking Breath, Leprosie, Dandriff.

Remedy for those that have Venerial Dreams and Pollu tions in the night, being outwardly applied to the Testic or Cods. The juice dropped into the Ears, easeth the pa of them, and destroyeth the worms that breed therein. Th are good against the venomous biting of Serpents. Th juice laid on warm, helpeth the Kings-Evil, or Kernels the throat. The Decoction or distilled water helpeth stinking Breath proceeding from the corruption of t Teeth; and snuffed up into the Nose, purgeth the hea *Pliny* saith, that eating of the Leaves hath been found by experience to c the Leprosie, and applying some of them to the face, and to help the sc or dandriff of the head, used with Vinegar.

They are extreme bad for wounded people, and they say a wounded m that eats mints, his wound will never be cured; and that's a long day.

Misselto.

Descript. *THis riseth up from the Branch or Arm of the Tree whereon it groweth, with a woody stem, parting it self into sundry Bra ches, and they again divided into many other smaller twigs, interla them selves one within another, very much covered with a grayish green bark having two Leaves set at every joynt, and at the end likewise, which a*

somewhat long and narrow, small at the bottom, but broader towards the end. At the knots or joints of the boughs and branches grow small yellowish Flowers, which turn into small, round, white, transparent berries, three or four together, full of glutinous moisture, with a blackish seed in every of them, which was never yet known to spring, being put into the ground or any where else to grow.

Place.] It groweth very rarely on Oaks with us, but upon sundry other, as well Timber as Fruit-trees, plentifully in Woods, Groves, and the like, through all this Land.

Time. It flowreth in the Spring time, but the Berries be not ripe until October, and abide on the branches all the Winter, unless the Black-birds and other Birds do devour them.

Government and Vertues. That it is under the Dominion of the *Sun*, I do not question; and can also take for granted, That that which growes upon Oaks participates something of the Nature of *Jupiter*, because an Oak is one of his Trees; as also that which grows upon Pear-trees and Apple-trees participates something of his Nature, because he rules the Trees it growes upon, having no Root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because 'tis rarest, and hardest to come by; and our Colledges Opinion is in this contrary to Scripture, which saith, *God's tender mercies are over all his Works*; and so 'tis, let the Colledg of Physicians walk as contrary to him as they please, and that's as contrary to the East is to the West. *Clusius* affirms that which grows upon Pear-trees to be as prevalent, and gives order that it should not touch the ground after it is gathered; and also saith, That being hung about the Neck, it remedies Witchcraft: Both the Leaves and Berries of Misselto

Witchcraft;

do heat and dry; and are of subtil parts, the Birdlime doth mollifie hard Knots, Tumors, and Impostumes, ripeneth and discusseth them; and draweth forth thick as well as thin humors from the remote parts of the body, digesting and separating them. And being mixed with equal parts of Rozin and Wax, doth mollifie the hardness of the Spleen, and healeth old Ulcers and Sores. Being mixed with Sandarack and Orpment, it helpeth to draw off foul Nails; and if Quick-lime and Wine Lees be added thereunto, it worketh the stronger. The Misselto it self of the Oak (as the best) made into Powder, and given in drink to those that have the Falling-sickness doth assuredly heal them, as *Mathiolus* saith, but it is fit to use it for forty dayes together. Some have so highly esteemed of the Vertues hereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the Holy Cross, believing it to help the Falling-sickness, Apoplexy and Palsie very speedily, not only to be inwardly taken, but to be hung at their Neck. *Tragus* saith, that the fresh wood of any Misselto bruised, and the Juyce drawn forth and dropped into the Ears that have Impostumes in them, doth help and ease them within a few dayes.

Impostumes, Spleen, Ulcers; Falling-sickness, Apoplexy, Palsie, Impostumes.

Money-wort, or Herb Two-pence.

Descript. THe common Money-wort sendeth forth from a small thready Root, divers long, weak, and slender branches lying and running upon the ground, two or three foot long or more, set with Leaves two at a joynt on against another at equal distances, which are almost round, but pointed at the ends, smooth, and of a good green colour. At the joynts with the leaves from the middle forward come forth at every joynt sometimes one yellow Flower, and sometimes two, standing each on a small foot-stalk, and made of five Leaves, narrow and pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places small round Heads of Seed.

Place. It groweth plentifully in almost all places of this Land, commonly in moist grounds by Hedg-sides, and in the middle of grassie Fields.

Time. They flower in *June* and *July*, and their Seed is ripe quickly after.

Government and Vertues. *Venus* owns it. Money-wort is singular good to stay all Fluxes in man or woman, whether they be Lasks, Bloody-fluxes, the flowing of Womens Courses, Bleedings inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for all Ulcers or Excoriations of the Lungs or other inward parts. It is exceeding good for all wounds, either fresh or green, to heal them speedily, and for all old Ulcers that are of spreading Natures. For all which purposes, the Juyce of the Herb, or the Powder drunk in Water wherein hot Steel hath been often quenched; or the Decoction of the green Herb in Wine or Water drunk; or the Seed, Juyce or Decoction used to the outward places to wash or bathe them; or to have Tents dipped therein, and put into them, are effectual.

Fluxes, Ulcers, Green Wounds, old Ulcers.

Moon-wort.

Descript. IT riseth up usually but with one dark green thick and flat Leaf standing upon a short foot-stalk, not above two fingers breath; but when it will flower, it may be said to bear a small slender stalk, about four or five inches high, having but one Leaf set in the middle thereof, which is much divided or cloven on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small like the middle Rib, but broad forwards, and round pointed, resembling therein a half Moon, from whence it took the name, the uppermost parts or divisions being less then the lowest. The stalk riseth above this Leaf two or three inches, bearing many branches of small long Tongues, every one like the spiky Head of Adders-tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not: which after they have continued a while, resolve into a mealy dust. The Root is small and fibrous. This hath sometimes divers such like Leaves as are before described, with so many branches or tops rising from one stalk, each divided from the other.

Plate

Place.] It groweth on Hills and Heaths, yet where there is much Grass for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*, for in *June* when any hot weather cometh, for the most part it is withered and gone.

Government and Vertues.] The *Moon* owns the Herb. Moon-wort is cold and drying more than Adders-Tongue, and is therefore held to be more available for all wounds both inward and outward. The Leaves boyled in red Wine & drunk, stayeth the immoderate Flux of Womens Courses, and the Whites. It also stayeth Bleeding, Vomiting, and other Fluxes. It helpeth all blows and bruises, and to consolidate all Fractures and Dislocations. It is good for Ruptures, but it is chiefly used by most with other herbs to make Oils or Balsoms to heal fresh or green Wounds (as I said before) either inward or outward, for which it is excellent good.

Moon-wort is an herb which they say will open Locks, and unshoo such Horses as tread upon it: this some laugh to scorn, & those no small Fools neither, but Country people that I know *Green* call it [*unshoo the Horse*] Besides, I have heard Commanders say, that on White-Down in *Devonshire* near *Tiverton*, there was found thirty Horse-shoos pulled off from the Feet of the Earl of *Essex* his Horses, being there drawn up into a body, many of them being but newly shod, and no reason known, which caused much admiration: and the herb described usually grows upon Heaths.

Womens Courses, Bleedings, Vomiting, Fluxes, broken and disjoynted Bones, Green Wounds.

Mosses.

I Shal not trouble the Reader with any Description of these, sith my intent is to speak only of two kinds as the most principal, viz. *Ground Mosses*, and *Tree Mosses*, both which are very well known.

Place.] The Ground-Mosses groweth in our moist Woods, and the bottoms of Hills, in boggy Grounds, and in shadowy Ditches, and many other such like places.

The Tree Mosses groweth only on Trees.

Government and Vertues.] All sorts of Mosses are under the Dominion of *Saturn*. The Ground-Mosses is held to be singular good to break the Stone, and to expel and drive it forth by Urin, being boyled in Wine and drunk. The herb bruised and boyled in Water and applied, easeth all Inflammations and pains coming of an hot cause; and therefore used to ease the pains of the hot Gout.

Stone, Inflammations, natives.

The Tree-Mosses are cooling and binding, and partake of digesting and mollifying quality withal, as *Galen* saith. But each Moss doth partake of the Nature of the Tree from whence it is taken: therefore that of the Oak is more binding, and is of good effect to stay *Fluxes*, Fluxes in man or Woman; as also Vomiting or Bleedings; the Vomiting Powder thereof being taken in Wine. The Decoctions thereof *Bleedings* in Wine are very good for Women to be bathed with, or to sit in *Womens*

that are troubled with the overflowing of their Courses. The same being drunk, stayeth the stomach that is troubled with casting, or the Hiccough: and as *Avicenna* saith, it comforteth the Heart. The Powder thereof taken in drink for some time together, is thought available for the *Dropsie*, Dropsie. The Oyl of Roses that have had fresh Mosse steeped *Headach.* therein for a time, and after boyled, and applied to the Temples *Sinews.* and Forehead, doth marvelously ease the Headach coming of hot Cause; as also the Distillations of hot Rheum or Humors to the Eyes or other parts. The Ancients much used it in their Oyntments and other Medicines against Lassitude, and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so still.

Mother-wort.

Discript. THis hath a hard, square, brownish, rough, strong stalk, rising three or four foot high at least spreading into many branches whereon grow Leaves on each side with long footstalks, two at every joynt which are somewhat broad & long, as it were rough or crumpled, with many great Veins therein of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the branches up to the top of them (which are very long and small) grow the flowers round about them at distances, in sharp, pointed, rough, hard Husks, of a more red or purple colour than Balm or Horehound, but in the same manner or form as the Horehounds: after which come small round blackish seeds in great plenty. The Root sendeth forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish or brownish colour and abideth as the Horehound doth, the smell of this not much different from it.

Place. It groweth only in Gardens with us in *England*.

Government and Vertues. *Venus* owns the Herb, and it is under *Leo*.

Melancholy Vapors, Swoonings, sore Travel, Mother, Urin, Womens Courses, Flegm, Cold Flegm, Coughs, Convulsions.

There is no better Herb to drive melancholy Vapors from the Heart, to strengthen it, and make a merry, chearful, blithe Soul, than this Herb. It may be kept in a Syrup or Conserve, therefore the Latins called it *Cordiaca*. Besides, it makes Women joyful Mothers of Children, and settles their Wombs that they should be; therefore we call it *Mother-wort*. It is held to be of much use for the trembling of the Heart, and in Faintings and Swoonings, from whence it took the name *Cordiaca*. The Powder thereof to the quantity of a spoonful drunk in Wine, is a wonderful help to Women in their sore Travel, as also for the suffocations or risings of the Mother; and for these effects it is likely it took the name of Mother-wort with us. It also provoketh Urin and Womens Courses, cleanseth the Chest of cold Flegm oppressing it, and killeth Worms in the Belly. It is of good use to warm and dry up the cold humors, to digest and disperse them that are settled in the Veins, Joynts and Sinews of the Body, and to help Cramps and Convulsions.

MOU-

Mouse-Ear.

Pilosella.

Mouse-Ear is a low Herb creeping upon the ground by small strings like the *Strawberry* Plant, whereby it shooteth for h small Roots, whereat grow upon the ground many small and somewhat short Leaves set in a round form together, and very hairy, which being broken, do yield a white Milk: from among these Leaves spring up two or three small hairy Stalks about a span high, with a few smaller Leaves thereon: At the tops whereof standeth usually but one Flower, consisting of many paler yellow Leaves, broad at the points, and a little dented in, set in three or four rows, the greatest outermost, very like a *Dandelyon* Flower, and a little reddish underneath about the edges, especially if it grow in a dry ground: which after they have stood long in Flower, do turn into down, which with the seed is carried away with the wind.

Place.] It groweth on Ditch Banks, and sometimes in Ditches if they be dry and in sandy grounds.

Time.] It flowreth about *June* and *July*, and abideth green all the Winter.

Government and Vertues.] The *Moon* owns the Herb also, and though Authors cry out upon Alchymists for attemping to fix Quick-silver by this Herb and Moonwort: A Roman would not have judged a thing by the success if it be to be fixed at all, 'tis by Lunar Influence. The Juyce hereof taken in Wine, or the Decoction thereof drunk doth help the Jaundice although of long continuance, to drink thereof morning *Jaundice*, and evening, and abstain from other drink two or three hours *Stone*, after: It is a special Remedy against the stone, and the tormen- *Bellyach*, ting pains thereof; as also other Tortures and griping pains *Dropsie*, of the Bowels. The Decoction thereof with Succory and Cen- *Flux*, tory, is held very effectual to help the Dropsie, and them that *wounds*, are declining thereunto, and the Diseases of the Spleen. It stay- *Bloody*-eth the fluxes of Blood, either at the Mouth or Nose, and inward *Flux*, bleedings also, for it is a singular Wound herb for Wounds both *Terms* inward and outward: It helpeth the bloody flux, and helpeth *stops*, the abundance of Womens Courses. There is a Syrup made *Cough*, of the Juyce hereof and Sugar by the Apothecaries of *Italy*, and *Phthisick*, other places, which is of much account with them, to be given *Ruptures*, to those that are troubled with the Cough or Phthisick: The *Canker*, same also is singular good for ruptures or burstings. The green *ulcers*, Herb bruised and presently bound to any fresh Cut or Wound, *Spreading* doth quickly soder the lips thereof. And the Juyce, Decoction, *Sores*. or Powder of the dried Herb, is most singular to stay the malignity of spreading and fretting Cankers and Ulcers whatsoever, yea, in the Mouth, or secret parts: The distilled Water of the Plant is available in all the Diseases aforesaid, and to wash outward Wounds and Sores, and to apply tents, or cloaths wet therein.

Mugwort.

Descript. Common Mugwort hath divers Leaves lying upon the ground very much divided, or cut deeply in about the brims, somewhat like Wormwood, but much larger, of a dark green colour on the upper side, and very hairy white underneath. The stalks rise to be four or five foot high, having on it such like Leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon do set very small pale yellowish Flowers like Buttons, which fall away, and after them come small seeds inclosed in round Heads. The Root is long, hard, with many small fibres growing from it, whereby it taketh strong hold in the ground, but both stalk and leaf do die down every year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable good scent, and is more easily propagated by the slips than by the seed.

Place. It groweth plentifully in many places of this Land, by the Way sides; as also by small Water-Courses, and in divers other places.

Tim. It flowereth and seedeth in the end of Summer.

Government and Vertues. This is an Herb of Venus, therefore maintaineth and the parts of the body she rules, remedies the Diseases of the parts that are under her Signs, *Taurus* and *Libra*. Mugwort

Terms provoked, Birth, Afterbirth, Womb inflamed, Wens, with good success put among other Herbs that are boyled for Women to sit over the hot Decoction, to draw down their Courses, to help the Delivery of their Birth, and expel the Afterbirth: as also for the Obstructions and Inflammations of the Mother. It breaketh the Stone, and causeth one to make water where it is stopped. The Juyce thereof made up with Mirrh, and put under as a Pessary, worketh the same effects, and so doth the Root also being made up with Hogs-greese into an Ointment. It taketh away Wens and hard knots and Kernels that grow about the Neck and Throat, and easeth the pains about the Neck: more effectually, if some Field-Daisies be put with it. The herb it self being fresh, or the Juyce thereof taken, is a special Remedy upon the over-much taking of Opium. Three drams of the Powder of the dried Leaves taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

King's-Evil, pains in the Neck, Opium, Sciatica, Sinews pained, Cramp,

The Mulberry-Tree.

This is so well known where it groweth, that it needeth no description.

Time. It beareth fruit in the months of *July* and *August*.

Government and Vertues. *Mercury* rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts: the ripe Berries by reason of their sweetness and slippery moisture, open the body, and the unripe binding it, especially when they are dried,

then they are good to stay Fluxes, Lasks, and the abundance of Womens Courses. The Bark of the Root killeth the broad Worms in the Body. The juyce, or the Syrup made of the juyce of the Berries, helpeth all Inflammations or Sores in the Mouth or Throat, and the Palate of the Mouth when it is fallen down. The Juyce of the Leaves is a Remedy against the biting of Serpents, and for those that have taken Aconite: The Leaves beaten with Vinegar are good to lay on any place that is burnt with fire. A Decoction made of the Bark and Leaves, is good to wash the Mouth and Teeth when they ake. If the Root be a little slit or cut, and a small hole made in the ground next thereunto, in the Harvest time, it will give out a certain juyce, which being hardned, the next day is of good use to help the Toothach, to dissolve knots, and purge the Belly: The Leaves of Mulberries are said to stay bleeding at Mouth or Nose, or the bleeding of the Piles, or of a Wound, being bound unto the places. A Branch of the Tree taken when the Moon is at the full, and bound to the Wrist of a Womans Arm, whose Courses come down too much, doth stay them in short space.

Bleeding, Fluxes, Lasks, Terms stops, Inflammation, Uvula, Sore Mouth, and Throat, Tooth-ach, Bleeding, Hemorrhoids, A Curious Secret.

Mullein.

Descript. COmmon white Mullein, *hath many fair, large, woolly, white leaves lying next the ground, somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The Stalk riseth up to be four or five foot high, covered over with such like Leaves, but lesser, so that no Stalk can be seen for the multitude of Leaves thereon up to the Flowers, which come forth on all sides of the Stalk, without any Branches for the most part, and are many set together in a long spike, in some of a gold yellow colour, in others more pale, consisting of five round pointed Leaves, which afterward have small round Heads, wherein is small brownish seed contained: The Root is long, white and woody, perishing after it hath born Seed.*

Place. It groweth by way sides, and Lanes, in many places of this Land.

Time. It flowereth in *July*, or thereabouts.

Government and Vertues.] It is under the Dominion of *Saturn*. A small quantity of the Root given in Wine, is commended by *Dioscorides* against Lasks and Fluxes of the Belly: The Decoction hereof drunk is profitable for those that are bursten, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled, easeth the pains of the Toothach. An oyl made by the often infusion of the Flowers is of very good effect for the Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red hot steel hath been often quenched, doth stay the bloody flux: The same also openeth Obstructions of the Bladder and Reins when one cannot make water. A De-

Flux, Ruptures, Cramp, Convulsion, Cough, Tooth-ach, Hemorrhoids, Bloody Flux,

Obstructions, Reins, Bladder, Sinews, Gout, Warts, Belly-ach, cholick, Inflammation, Thorns, Splinters, Boyls, Groin, Disjunctures.

coction of the Leaves hereof, and of Sage, Marj[illegible] and Camomel flowers, and the places bathed there[illegible] that have Sinews stark with cold, or Cramps, [illegible] bring them much ease, and comfort. Three ounce[illegible] the distilled water of the Flowers drunk morning [illegible] evening for some days together, is said to be the [illegible] excellent remedy for the Gout. The Juyce of the Le[illegible] and Flowers being laid upon rough Warts. as also [illegible] Powder of the dried Roots rubbed on, doth easily [illegible] them away; but doth no good to smooth Warts. The Powder of the d[illegible] Flowers is an especiall remedy for those that are troubled with Belly-ach[illegible] or the pains of the Cholick. The Decoction of the root, and so likewise of [illegible] Leaves, is of great effect to dissolve the Tumors, Swellings, or Inflam[illegible]tion of the Throat. The Seed and Leaves boyled in Wine, and appl[illegible] draw forth speedily Thorns, or Splinters gotten into the flesh, ease the p[illegible] and heal them also. The Leaves bruised and wrapped in double Papers, [illegible] covered with hot Ashes and embers to bake a while, and then taken [illegible] and laid warm on any Botch or Boyl hapning in the Groyn or Share, [illegible] dissolve and heal them. The Seed bruised, and boyled in Wine, and [illegible] on any Member that hath been out of Joynt, and is newly set again, ta[illegible] away all swelling and pain thereof.

Mustard.

Descript.] *Our common* Mustard *hath large and broad rough Leaves [illegible] much jagged with uneven and unorderly gashes, somew[illegible] like Turnip Leaves, but lesser and rougher: The stalk riseth to be more than a f[illegible] high, and sometimes two foot high, being round, rough, and branched at the t[illegible] bearing such like leaves thereon as grow below, but lesser, and lesse divided, [illegible] divers yellow Flowers one above another at the tops, after which come small r[illegible] Pods, with small lank flat ends, wherein is contained round yellowish seed, sh[illegible] hot, and biting upon the Tongue. The Roots small, long, and woody, when it be[illegible]eth stalk, and perisheth every year.*

Place. This groweth with us in gardens only, and other manur[illegible] places,

Time. It is an annual Plant, flowring in *July*, and their seed is ripe i[illegible] *August*.

Government and Vertues.] It is an excellent Sawce for such who[illegible] Blood wants clarifying, and for weak stomachs, being an Herb of *Mar[illegible]* but naught for Cholerick People, though as good for such as are aged [illegible] troubled with cold Diseases: *Arics* claims something to do with it, there[illegible]fore it strengthens the heart and resisteth Poyson: let such whose stomach[illegible] are so weak they cannot digest their meat, or appetite it, take of Mustar[illegible] seed a dram, Cinnamon as much, and having beaten them to Powder, an[illegible] half as much Mastich in Powder, and with Gum Arabick dissolved in R[illegible] Water, make it up into Troches, of which they may take one of about hal[illegible]

dr[illegible]

dram weight an hour or two before meals, let old men and women make much of this Medicine, & they will either give me thanks, or shew manifest ingratitude. Mustard seed hath the Vertue of heating, discussing, rarifying, and drawing out splinters of Bones, and other things out of the flesh. It is of good effect to bring down Womens Courses, for the Falling-sickness or Lethargy, Drousie forgetful Evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead and Temples, to warm and quicken the spirits, for by the fierce sharpness it purgeth the Brain by sneezing, and drawing down Rheum and other viscous Humors, which by their distillations upon the Lungs and Chest procure Coughing, and therefore with some Honey added thereto doth much good therein. The Decoction of the seed made in Wine and drunk, provoketh Urine, resisteth the force of Poyson, the malignity of Mushroms, and the Venom of Scorpions or other Venomous Creatures, if it be taken in time: and taken before the cold fits of Agues, altereth, lessneth, and cureth them. The seed taken either by it self or with other things, either in an Electuary or Drink, doth mightily stir up bodily Lust, & helpeth the Spleen and pains in the sides, and gnawings in the Bowels. And used as a Gargle, draweth up the Palate of the Mouth being fallen down; and also it dissolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth it oftentimes helpeth the Toothach. The outward application hereof upon the pained places of the Sciatica, discusseth the Humors, and easeth the pains, as also of the Gout, and other Joynt-aches, and is much and often used to ease pains in the Sides or Loyns, the Shoulders or other parts of the Body, upon the applying thereof to raise Blisters, and cureth the Disease by drawing it to the outward parts of the Body: It is also used to help the falling of the Hair: The Seed bruised, mixed with Honey and applyed, or made up with Wax, taketh away the Marks, and black and blew spots of bruises, or the like, the roughness or scabbiness of the skin, as also the Leprosie and Lousie evil: It helpeth also the crick in the Neck. The distilled water of the Herb when it is in flower, is much used to drink inwardly to help in any of the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other the like infirmities, and cleanseth the Face from Morphew, Spots, Freckles, and other deformities.

Heats, Dries, Splinters, Thorns, Terms provokes, Falling-sickness, Lethargy, Sneezing, Dysury, Poyson, Mushroms, Venemous Beasts, Agues, Lust provokes, Spleen, Uvula, Sciatica, Tooth-ach, Pains, Hair, Bruises, Black and blue spots, Roughness, Leprosie, Lousie Evil, Morphew, Freckles, Wry Necks.

Hedg-Mustard.

[Descript.] *THis groweth up usually but with one blackish green stalk, tough, easie to bend, but not break, branched into divers [illegible] and sometimes with divers Stalks set full of branches, whereon grow [illegible] rough, or hard rugged Leaves, very much torn or cut on the edges into many*

many parts, some bigger, and some lesser, of a dirty green colour: The Flowers small and yellow, that grow at the tops of the Branches in long spikes, flow by degrees, so that continuing long in flower: the stalks will have small Cods at the bottom growing upright, and close to the stalk, white the top flo yet shew themselves; in which are contained small yellow seed sharp and hot as the Herb is also. The Root groweth down slender and woody, yet abiding springing again every year.

Place. This groweth frequently in this Land, by the Wayes and H sides, and sometimes in the open Fields.

Time. It flowreth most usually about *July*.

Government and Vertues. *Mars* owns this Herb also. It is singular in all the Diseases of the Chest and Lungs, Hoarsness of voyce, and b use of the Decoction thereof for a little space,

Chest, Lungs, Hoarsness, Cough, Shortness of Breath, Jaundice, Pleurisie, Back, Loyns, Belly, Cholick, Poyson, Sciatica, Gout, Joynts, Fistulaes, Ulcers, Cankers, Testicles, Womens Breasts.

have been recovered who had utterly lost Voyce, and almost their spirits also. The J thereof made into a Syrup, or licking Med with Honey or Sugar is no less effectual fo same purposes and for all other Coughs, Whe and Shortness of Breath. The same is also table for those that have the Jaundice, the risie, pains in the Back and Loyns, and for ments in the Belly, or the Cholick; being

used in Clysters. The seed is held to be a special Remedy against P and Venom: It is singular good for the Sciatica, the Gout, and all J aches, Sores and Cankers in the Mouth, Throat, or behind the Ears no less for the hardness and swelling of the Testicles, or of Womens Br

Nailwort, or Whitlow-grass.

Descript. This very small and common Herb hath no Roots, save a few strings; neither doth it ever grow to be above breath high: The Leaves are very small, and something long, not much those of Chickweed; amongst which rise up divers slender stalks, bearing white Flowers one above another, which are exceeding small: After which small flat Pouches containing the seed, which is very small, but of a sharp t

Place. It grows commonly upon old stone and brick Walls, and Limes in dry gravelly Grounds, especially if there be Grass or Moss ne shadow it.

Time. They flower very early in the year, sometimes in *January*, a *February*, for before the end of *April* they are not to be found.

Government and Vertues. It is held to be exceeding

Imposthumes, Whitlows, Felons, Anticoms, Nail wheals.

for those Imposthumes in the Joynts, and under the N which they call Whitlows, Felons, Anticoms, and wheals. Such as would be knowing Physitians, let read these Books of mine of the last Edition, viz. *Riolanus, Johnston, Wissingius, Sennertus.*

Nep, or Catmint.

Description. *Common Garden Nep shooteth forth hard foursquare stalks with a hoariness on them, a yard high or more, full of branches, bearing at every joyat two broad Leaves, somewhat like Balm, but longer pointed, softer, whiter, and more hoary, nicked about the edges, and of strong sweet scent. The Flowers grow in large tufts at the tops of the Branches, and underneath them likewise on the stalks many together, of a whitish purple color. The Roots ar composed of many long strings or fibres fastning themselves stronger in the ground, and abide with green Leaves thereon all the Wi-*

Place. It is only nursed up in our Gardens.

Time. And it floweeth in *July*, or thereabouts.

Government and Vertues. It is an Herb of *Venus*. Nep is generally used for Women to procure their Courses, being taken outwardly or outwardly, either alone, or with other convenient Herbs in a decoction to bath them, or sit over the hot fumes thereof, & by the frequent use thereof, it takes away barrenness and the wind and pains of the Mother. It is also used in pains of the Head coming of any cold cause, as Catarrhs, Rhewms, and for swimming and giddiness thereof, and is of especiall use for the windiness of the Stomach and Belly. It is effectual for any cramp or cold aches, to dissolve the cold and wind that afflicteth the place, and is used for Colds, Coughs, and shortness of breath. The Juyce thereof drunk in Wine, is profitable for those that are bruised by an accident. The green Herb bruised and applied to the Fundament, and lying there two or three hours, easeth the pains of the Piles. The Juyce also being made up into an Ointment, is effectual for the same purpose: The Head washed with a Decoction thereof, it taketh away scabs, and may be effectual for other parts of the Body also.

Terms provokes, Barrenness, Womb, Wind, Mother, Cough, Rhewms, Vertigo, Cramp, cold ach, Difficulty, of breath, Bruises, Hemorrhoids, Scabby Heads.

Nettles.

Nettles are so well known that they no need Description at all, they may be found by feeling in the darkest night.

Government and Vertues. This also is an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle is eaten in Spring consume the Flegmatick superfluities in the Body of Man, that the coldness and moisture of Winter hath left behind.

The Roots or Leaves boiled, or the juice of either of them, or both, made into an electuary with Honey or Sugar, is a safe and sure medicine to open the pipes & passages of the lungs, which is the cause of wheezing & shortness of breath, and helpeth to exacerbate tough flegm, as also to raise the impostumated Pleurisie and spend it by spitting; the same helpeth the swelling of the Almonds

Lungs, Wheezing, shortness of breath, Pleurisie Almonds of the ears.

Ears, Throat, Mouth, wounds, Terms provoked, Mother, injury, gravel, Worms, Spleen, bleeding, Venom, Beasts, mad dogs, hemlock, Henbane, Nightshade, Mandrakes, Lethargie, Morphew, Leprosie, Bleeding, Pollutions, Ulcers, Fistulets, Gangrenes, Scabs, Itch, Wounds, Weariness, Disjunctures, Gout, Sciatica, Joynts

Almonds of the Throat, the mouth and throat being g... therewith. The juyce is also effectual to settle the Pa... the Mouth in its place, and to heal and temper the i... mations and soreness of the Mouth and Throat. The ... coction of the Leaves in Wine, being drunk, is singular ... to provoke Womens Courses, and settle the suffoca... strangling of the Mother, and all other diseases there... also applied outwardly with a little Myrrh. The same ... or the seed, provoketh Urine, and expelleth the Gravel ... stone in the Reins or Bladder, often proved to be effect... many that have taken it. The same killeth the Wor... Children, easeth pains in the sides, and dissolveth the ... dineſs in the spleen, as also in the Body, although ... think it only powerful to provoke venery. The juyce ... Leaves taken two or three dales together, stayeth bleed... the Mouth. The seed being drunk, is a Remedy a... the stinging of Venomous Creatures, the biting of mad ... the poysonful qualities of Hemlock, Henbane, Night... Mandrake, or other such like Herbs that stupifie or dul... Senses; as also the Lethargie, especially to use it outw... to rub the Forehead or Temples in the Lethargie, a... places bitten or stung with Beasts, with a little Salt.

Distilled Water of the Herb is also effectual (although not so powerful) fo... Diseases aforesaid, as for outward Wounds and sores to wash them, a... cleanse the skin from Morphew, Leprosie, and other discolourings tha... The Seed or Leaves bruised, and put into the Nostrils, stayeth the bl... of them, and taketh away the Flesh growing in them, called *Polipus*.

Juice of the Leaves, or the Decoction of them, or of the Root, is sin... good to wash either old, rotten, or stinking sores, or Fistulaes and Gangr... and such as are fretting, eating or corroding scabs, Mangineſs and ... in any part of the Body, as also green Wounds, by washing them th... with, or applying the green Herb bruised thereunto, yea, although ... Flesh were seperated from the Bones: The same applied to our we... members, refresheth them, or to places that have been out of joynt ... first set up again, strengtheneth, drieth, and comforteth them, as also ... places troubled with Aches and Gouts, and the Defluxion of Humors ... the joynts or sinews, it easeth the pains, and drieth or dissolveth the De... xions. An Ointment made of the juice, Oil, and a little Wax, is sing... good to rub cold & benummed members. An handful of the Leaves of g... Nettles, and another of Wal-wort, or Dane-wort, bruised and applied ... ply of themselves to the Gout, Sciatica, or Joynt-aches in any part, ... been found to be an admirable help thereunto.

Nightshade.

Description. COmmon *Night-shade* hath an upright, round, green, hai... Stalk, about a foot or half a yard high, bushing forth

many Branches, whereon grow in many green Leaves, somewhat broad pointed at the ends, soft and full of Juyce, somewhat like unto Basil, larger, and a little unevenly dented about the edges: at the tops of the and Branches, come forth three or four more white flowers made of small pointed Leaves a piece, standing on a stalk together, one above another with yallow pointels in the middle composed of four or five yellow set together, which afterwards run into so many pendulous green berof the bignes of small Pease, full of green Juice, and small whitish flat Seed lying within it. The Root is white and a little woody when with given flower and fruit with many small Fibres at it: The whole Plant a Waterish insipide taste, but the Juyce within the Berries is somewhat and of a cooling and binding quality.

Place. It groweth wild with us, under old Walls, and in Rubbish, the common paths, and sides of Hedges and Fields, as also in our Gardens here *England* without any planting.

Time. It dyeth down every year, and ariseth again of its own sowing, but ingeth not until the later end of *April* or the sooneſt.

Government and Vertues It is a cold *Saturnine* Plant. This common *Nightshade* is wholly used to cool hot Inflamations either inwardly or outwardbeing no way dangerous to any that shall use it, as most of of the *Nightshades* are; yet it must be used moderatly. distilled water only of the whole Herb is fittest and safest taken inwardly: The juice also clarified and taken, being with a little Vinegar, is good to wash the Mouth and that is inflamed: But outwardly the juice of the Herb the Temples with Oil of Roses and a little Vinegar & Cerus together in a leaden mortar, is very good to anoint all hot *Inflammations*, *Shingles*, *Fires*, *Ring-worms*, *Tetters*, *Scabs*, *Sores*, *Fistules*, *Piles*, *Hemorrhoids*, *Gout*, *Sciatica*, *Ears*, *Eyes*, *Inflammations in the Eyes*, *Shin-Bone*, *Ring-worms*, and in all running, freting, and corroding *Ulcers*, and in moist Fistulaes, and if the Juice be made up with Hens dung and applied thereunto: A Pessary dipped in the dropped into the Matrix, stayeth the immoderate Flux of Courses: A cloath wet therein, and applied to the *Gout*, or Cods, upon any swelling therein, giveth much ease to the Gout that cometh of hot and sharp Humors. The dropped into the Ears, easeth pains thereof that arise of heat of inflamations. And *Pliny* saith It is good for hot swellings under the Throat; take care you mistake not the *Deadly nightshade* for this; if you know it you may let them both alone and take no harm, having other Medicines plant in the Book.

The Oak.

is so well known (the timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

Government and Vertues. *Jupiter* owns the Tree. The Leaves and Bark of the Oak, and the Acorn Cups, do bind and dry very much:

Dry, Bind, Spitting Blood, Flux, Vomiting, Venereous Acts, Dysury, Poyson, Venom. beasts, Cantharides, ulcers of the Bladder.

much: The inner Bark of the Tree, and the thin skin covereth the Acorn, are most used to stay the Spitting Blood, and the Bloody Flux. The Decoction of the and the Powder of the Cups do stay vomitings, spitting Blood, bleeding at the mouth, or other Flux of Blood in Men or Women, Lasks also, and the involuntary Flux of natural Seed. The Acorns in Powder taken in Wine provoketh urine, and resisteth the Poison of Venomous Creatures. Decoction of Acorns and the Bark made in Milk, and taken, resisteth the force of Poisonous Herbs and Medicines, as also the Virulency of Cantharides, when one by eating them, hath the Bladder exulcerated, and pisseth blood. *Hypocrates* saith, He used the leaves of Oak Leaves to women that were troubled with the strangling of the mother; and *Galen* applied them being bruised, to cure green Wounds.

Mother, Wounds, Inflammations, Flux, Pestilences, Epidemical Diseases, Liver, Stone, Terms stops, Scabs.

Distilled Water of the Oaken Buds before they break into Leaves, is good to be used either inwardly or outwardly to asswage Inflammations, and stop all manner of Fluxes in man or woman: The same is singular good in Pestilences and hot burning Feavers, for it resisteth the force of the infection, and allayeth the Heat, cooleth the Heat of the liver, breaketh the Stone in the Kidneys, and stayeth women's Courses. The Decoction of the Leaves worketh the same effects. The water that is found in the hollow places of Oaks, is very effectual against any foul or spreading Scabs. The Distilled Water (or Decoction which is better) of the Leaves is one of the best Remedies that I know for the Whites in Women.

Oats.

THese are also so well known that they need no Description.

Government and Vertues. Oats fried with Bay salt, and applied to the Sides take away the pains of Stitches and Wind, the sides or belly. A pultis made of Meal of Oats, some Oil of Bays put thereto helpeth the Itch, and the Leprosie, as also the Fistulaes of the Fundament, and dissolveth hard Apostumes. The Meal of Oats boiled with Vinegar and applied taketh away Freckles and spots in the Face, or other parts of the Body.

Stich, wind, Itch, Leprosie, Fistulaes, Apostumes, Freckles.

One Blade.

Description. THis *small Plant never beareth more than one Leaf, but when it riseth up with his stalk, which thereon beareth another, and seldom more, which are of a blewish green colour, pointed, with ribs or veins therein, like Plantane: At the top of the stalk, grow many white flowers, Star-fashion, smelling somwhat sweet; after which come reddish Berries when they are ripe. The Root is small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.*

Place. It groweth in moist, shadowy, and grassie places of Woods, in many places of this Land.

Time. It bowreth about *May*, and the Berries be ripe in *June*, and then wholly perisheth, until the next year, it springeth from the same Root again.

Government and Vertues. It is a precious Herb of the *Sun*. Half a dram, a dram at most in powder of the Roots hereof taken in Wine and Vinegar of each equal parts, and the party laid presently to sweat thereupon, is found to be a soveraign Remedy for those that are infected with the Plague, and have a sore upon them, by expelling the Poyson and Infection, and defending the Spirits from danger. It is a singular good Herb, and is thereupon used with other the like Ingredients in making Compound Balms for Curing of sores, be they fresh and green, or old and malignant, and especially if the bones be burnt.

Pestilence, Poyson, Epidemical diseases, Wounds, Sinews cut.

Orchis.

hath gotten almost as many several names attributed to the several sorts of it, as would almost fill a sheet of Paper; as Dogs-stones, Goats-, Fools-stones, Fox-stones, Satirian, Cullians, together with many more, too tedious to rehearse.

Descript. *To describe all the several sorts of it were an endless piece of work; therefore I shall onely describe the Roots, because they are to be used with some discretion. They have each of them a double Root within, some of them are round, others like a hand; these Roots alter every year by course, when the one riseth and waxeth full, the other waxeth lank and perisheth: Now it is that which is full which is to be used in Medicine, the other being either of no use at all, or according to the Humor of some, It destroyes and disanuls the Vertue of the other quite undoing what that doth.*

Time. One or other of them may be found in Flower, from the beginning of *April*, to the later end of *August*.

Temperature and Vertues. They are hot and moist in operation, under the Dominion of Dame *Venus*, and provoke Lust exceedingly, which they say the dry or withered Root restrains *Lust provoketh*, and they are held to kill the Worms in Children: as also *Worms, Kings-evil*, being bruised and applied to the place, to help the Kings evil,

Onions.

They are so well known, that I need not spend time about writing a Description of them.

Government and Vertues. *Mars* owns them, and they have gotten this property to draw any corruption to them; for if you pull one, and lay him in a Dunghil, you shall find him rotten in half a day, by drawing putrifaction to it, then being bruised and applied to a Plague-sore, 'tis very probable will do the like.

Onyx

Onions are Flatulent or windy, yet they do somewhat provoke appetite, encrease thirst, ease the Belly and Bowels, provoke Women's Courses, help the biting of a mad Dog, and of other venomous creatures to be used with Honey and Rew, encrease Sperm, especially the Seed of them: They kill the worms in Children if they drink the water wherein they have been steeped all night. Being roasted under the Imbers and eaten with Honey or Sugar and Oyl, they much conduce to help inveterate Cough, and expectorate the tough Flegm. The Juice being snuffed up into the Nostrils, purgeth the Head, and helpeth the Lethargy, (but the often eating them is said to procure pains in the Head) It hath been used by divers Country people a good preservative against infection to eat Onions fasting with Bread and Salt: as also to make a great Onion hollow, fill the place with good Treacle, and after to roast it well under the Embers which after taking away of the outermost skin thereof, being beaten together, is a Soveraign Salve for either Plague-sore, or any other putrid Ulcer. The juice of Onions is good for either scalding or burning by fire, water or Gunpowder, and used with Vinegar, taketh away all blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the pain and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other sores.

Mad dogs, Worms, Cough, Lethargy, Epidemical diseases,

Leeks are as like them in quality, as a Pomewater is like an Apple: and are a Remedy against a Surfeit of Mushroms, being baked under the Embers and taken; and being boyled and applied very warm help the Piles: other things they have the same property as the Onions, although not so effectual.

Orpine.

Descript. *Common Orpine riseth up with divers round brittle stalks, set with fat and fleshy Leaves without any order, and little notched about the edges, of a green colour; the flowers are white and stand growing in tufts, after which come small chaffy Husks, with seed like unto them. The Roots are divers, thick, round, white tuberous clogs; and the herb groweth not so big in some places as in others where it is found.*

Place. It is frequent almost in every Country of this Land, and is usually nurished in Gardens with us, where it groweth greater than that which is found and groweth in shadowy sides of Fields and Woods.

Time. It flowreth about *July*, and the Seed is ripe in *August*.

Government and Vertues. The *Moon* owns the Herb, and he that knows her Exaltation, knows what I say is true.

Orpine is seldom used in inward Medicines with us, although Tragus saith from experience in *Germany*, that the distilled water thereof is profitable for gnawings or excoriations of the Stomach or Bowels; and for Ulcers in the Lungs, Bowels or other inward parts, as also in the Matrix, and helpeth those Diseases, being drunk for certain days together.

Excoriation of Bowels, Phtisick, Wounds, Bloody Flux, Wounds.

that it stayeth the sharpness of humors in the bloody Flux and other Fluxes in the Body, or in Wounds. The Root thereof also performeth the same effect. It is used outwardly to cool any heat or Inflammation upon any hurt or wound, and easeth the pains of them: as also to heal Scaldings or Burnings. The Juyce thereof beaten with some green Sallet-Oyl, and anointed. The Leaf bruised, and laid to any green wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzy: it helpeth also Ruptures and Burstness. If you please to make the Juyce thereof into a Syrup with Honey or Sugar, you may safely take a spoonful or two at a time (let my Author say what he will) for a Quinzy, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you took a Dogs-turd, which is the vulgar Cure.

Inflammation, Scalding, Burnings, Quinzie, Ruptures.

Parsley.

THis is so well known, that it needeth no Description.

Government and Vertues. It is under the Dominion of *Mercury*, and is very comfortable to the Stomach, and helpeth to provoke the Urine and Womens Courses, and to break Wind both in the Stomach and Bowels, and doth a little open the body, but the Root much more, and openeth Obstructions both of the Liver and Spleen, and is therefore accounted one of the five opening Roots. *Galen* commendeth it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boyled and eaten like Parsnips. The seed is effectual to provoke Urine and Womens Courses, to expel Wind, to break the Stone, and ease the pains and torments thereof, or of any other part in the body occasioned by Wind. It is also effectual against the Venom of any poysonful Creature, and the danger that cometh to them that have taken Litharge; and is good against the Cough. The distilled Water of Parsley is a familiar Medicine with Nurses to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets, and is also much available to them that are of greater years. The Leaves of Parsley laid to the Eyes that are inflamed with heat, or swoln, doth much help them, if it be used with Bread or Meal; and being fryed with Butter, and applied to Womens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also it taketh away black and blew marks coming of Bruises or Falls. The Juyce thereof dropped into the Ears with a little Wine, easeth the pains. *Tragus* setteth down an Excellent Medicine to help the Jaundice and Falling-sickness, the Dropsie, and Stone in the Kidneys in this manner: Take of the seeds of *Parsley*, *Fennel*, *Annise*, and *Caraways*, of each one ounce; of the Roots of *Parsley*, *Bitnet*, *Saxifrage*, and *Caraways*, of each one ounce and an half: let the Seeds be bruised, and the Roots washed and cut small. Let them lie

Stomach, Dysusury, Terms provokes, Liver, Spleen, Falling-sickness, Stone, Wind, Venomous Beasts, Cough, Sucking Children, Eyes, Womens Breasts, curdled Milk, Black and blew Marks, Jaundice, Falling-sickness, Dropsie.

all night in steep in a pottle of white Wine, and in the morning be boyled in a close Earthen Vessel until a third part or more be wasted, which being strained and cleared, take four ounces thereof morning and evening fasting, abstaining from drink after it for three hours. This

Obstructions of Liver & Spleen. openeth Obstructions of the Liver and Spleen, and expelleth the Dropsie and Jaundice by Urine.

Parsley-Piert, or Parsley Break-stone.

Descript. THe Root, although it be very small and thriddy, yet it continueth many years, from whence arise many Leaves lying along upon the ground, each standing upon a long small Footstalk, the Leaves as broad as a mans nail, very deeply indented on the edges, somewhat like a Parsley Leaf, but of a very duskie green colour. The stalks are very weak and slender, about three or four fingers in length, set so full of Leaves, that they can hardly be seen, either having no footstalk at all, or but very short. The Flowers are so small they can hardly be seen; and the seed as small as small may be.

Place. It is a common Herb throughout the Nation, and rejoyceth in barren, sandy, moist places. It may be found plentifully about *Hamstead* Heath, in *Hide-Park*, and in *Tuttle-Fields*.

Time. It may be found all the Summer time, even from the beginning of *April* to the end of *October*.

Government and Vertues. Its operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-herb.

Urine provoketh, Stone, Gravel in the Kidnies, Strangury. were good the Gentry would pickle it up as they pickle Samphire for their use all the Winter. I cannot teach you how to do it: yet this I can tell them, it is a very wholesome Herb. They may also keep the Herb dry, or in a Syrup, if they please. You may take a dram of the Powder of it in white Wine, it would bring away Gravel from the Kidnies insensibly and without pain. It also helps the Strangury.

Parsnip.

THe Garden kind thereof is so well known, (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe it unto you.

Descript. *The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many Leaves; and the Root is shorter, more woody and not so fit to be eaten, and therefore the more medicinable.*

Place. The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by *Rochester* and elsewhere, and flowreth in *July*: the seed being ripe about the beginning of *August*, the second year after the sowing; for if they do flower the first year, the Country people call them Madneps.

Government and Vertues. The Garden Parsnips are under *Venus*.

den *Parsnip* nourisheth much, and is good and whole- *Lust provokes,*
me Nourishment, but a little windy, whereby it is thought *Dysury, cleanse*
procure bodily lust: but it fatneth the body much, if *Open, vene-*
ch used. It is conducible to the Stomach and Reins, and *mous Beasts,*
voketh Urin. But the wild *Parsnip* hath a cutting, attenu- *Colick, Dy-*
ing, cleansing and opening quality therein. It resisteth and *sury.*
lpeth the bitings of Serpents, easeth pains and Stitches in
sides, and dissolveth wind both in the Stomach and Bowels, which is
Colick, and provoketh Urin. The Root is often used, but the Seed
ch more.

The wild being better than the tame, shews Dame Nature to be the best
ysitian.

Cow-parsnip.

Descript. THis *groweth with three or four large, spread, winged, rough Leaves, lying often on the Ground, or else raised a little from it with long, round, hairy foot stalks under them, parted usually into five divisions, two couples standing each against other, and one at the end, and each Leaf almost round, yet somewhat deeply cut in on the edges, in some Leaves, and so deep in others, of a whitish green colour smelling somewhat strongly: among which ariseth up a round, crested, hairy stalk, two or three foot high, with a few such and Leaves thereon, and branched at the top, where stand large umbels of white, and sometimes reddish flowers, and after them flat, whitish, thin, winged seed, two always joyned together. The Root is long and white, with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasant.*

Place.] It groweth in moist Meadows, and the borders and corners of fields, and near Ditches, generally through this Land.

Time.] It flowreth in *July*, and seedeth in *August*.

Government and Vertues.] *Mercury* hath the Dominion over them. The Seed thereof, as *Galen* saith, is of a sharp and cutting quality, and is there- *Cough, Difficulty of Breath,*
fore a fit Medicine for the Cough and shortness of Breath, *Falling-sickness, Jaundice,*
the Falling-sickness, and the Jaundice. The Root is available to all the purposes aforesaid, and is also of great use to *Fistula, Phlegm,*
take away the hard skin that groweth on a Fistula, if it be *Liver, Me-*
first scraped upon it. The Seed hereof being drunk, cleanseth the Belly from tough flegmatick matter therein, easeth *lancholy, Lethargie,*
pain that are Liver-grown, Womens passions of the Mother *Frenzy, Heads-*
well being drunk as the smoke thereof received under- *ach, Scab,*
neath, and likewise raiseth such as are fallen into a deep sleep *Shingles.*
have the Lethargy, by burning it under their Nose. The
ed and Root boyled in Oyl, and the Head rubbed there-
with, helpeth not only those that are fallen into a Frenzy,
but also the Lethargy or drowsie Evil, and those that have been long trou-
bled with the Headach if it be likewise used with Rew. It helpeth also the
running Scab and the Shingles. The Juyce of the Flowers dropped into the
eyes that run and are full of matter, it cleanseth and healeth them.

The Peach-Tree.

Descript.] A Peach-Tree *groweth not so great as the Apricock-Tree, it spreadeth branches reasonable well from whence spring reddish twigs, whereon are set long and narrow green Leaves dented about the edges. The blossoms are greater than the Plum, and of a light purple colour. The fruit round, and sometimes as big as a reasonable Pippin, others smaller, differing in colours and tasts as russet, red, or yellow, watrish or firm, with a frize or Cotton all over, with a cleft therein like an Apricock, and a rugged rowed great stone within it, and a bitter Kernel within the Stone. It soonereth old, and decayeth than the Apricock by much.*

Place.] They are nursed up in Gardens and Orchards through this Land.

Time.] They flower in the Spring, and fructifie in Autumn.

Government and Vertues.] Lady *Venus* owns this Tree, and by it represseth the ill effects of *Mars*, and indeed for Children and young people, no thing is better to purge Choler and the Jaundice, than the Leaves & Flowers of this Tree being made into a Syrup or Conserve, let such as desire to please their lust regard the fruit: but such as love their health and Children, let them regard what I say, they may safely give two spoonfuls of the Syrup at a time, 'tis as gentle as *Venus* her self. The Leaves of the Peaches bruised and laid on the Belly, killeth Worms; and they do also being boyled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine to dry up humors. The Powder of them strewed upon fresh bleeding Wounds, stayeth their bleeding, and closeth them up.

Worms, Belly opens, Humors, Wounds.

Flowers steeped all night in a little Wine standing warm strained forth the morning and drunk fasting, doth gently open the Belly, and move downwards. A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth watrish and hydropick humors by the continuance thereof. The Flowers made into a Conserve, worketh the same effect. The Liquor that drops from the Tree being wounded, is given in the Decoction of Coltsfoot, to those that are troubled with the Cough, shortness of Breath, by adding thereunto some sweet Wine and putting some Saffron also therein, it is good for them that are hoarse, or have lost their Voice: helpeth all defects of the Lungs, and those that vomit or spit blood. Two drams thereof given in the Juyce of Lemmons or Rhadish, is good for them that are troubled with the Stone.

Dropsie, Cough, shortness of Breath, Vomiting and Spitting of Blood, Stone, wind, Colick.

The Kernels of the stones do wonderfully ease the Colick and wringing of the Belly through wind or sharp humors, and being made an excellent Medicine for the Stone upon all occasions, on this manner. Take fifty Kernels of Peach stones, and one hundred of the Kernels of Cherry-stones, a handful of Elder flowers, fresh or dried, and two ounces of Marcadel; set them in a close pot into a bed of Horse-dung

daies, which after distil in a Glass with a gentle fire, and keep it for use: you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain water applied to the Forehead and Temples, doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn *Watching*, the Kernels, the Temples being therewith anointed, doth the *Ears*, The said Oyl put into Clysters, easeth the pains of the *Baldness* Colick; and anointed on the lower part of the Belly, doth like; and dropped into the Ears, easeth the pains of them: the Juyce Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrim, and all other pains in the Head. If the Kernels bruised and boyled in Vinegar until they become thick, and applied to Head, it mervelously procures the Hair to grow again upon bald places where it is too thin.

The Pear-Tree.

Pear-trees are so well known, that they need no Description.

Government and Vertues. The Tree belongs to *Venus*, and so doth the Pear-tree. For their Physical use they are best discerned by their tasts. All sweet or luscious sorts, whether manured or wild, do help to move the downwards more or less. Those that are hard and sour, do on the contrary bind the Belly as much, and the Leaves do so also. Those that are do in some sort cool, but harsh or wild sorts much more, and are very in repelling Medicines: as if the wild sort be boyled with Mushrouts, it maketh them the less dangerous. The said Pears *Mushrouts*, boyled with a little Honey, helpeth much the oppressed stomach *Stomach*, all sorts of them do, some more, some less: but the harsher *Inflammations*, do more cool and bind; serving well to be bound to green *tions*, Wounds, to cool & stay the blood, & heal up the Wound without *Cool*, other trouble or Inflammation, as *Galen* saith he hath found by *Bind*, experience. And wild Pears do sooner close up the lips of green *Wounds*. Wounds than the others.

Schola Salerni adviseth to drink much Wine after Pears, or else (say they) they are as bad as poyson, nay, and they curse the Tree for it too; but if poor man find his stomach oppressed by eating Pears, 'tis but working hard, and it will do as well as drinking Wine.

Pellitory of Spain.

Common *Pellitory of Spain*, if it be planted in our Gardens, it will prosper very well, yet is there one sort growing ordinary here wild which seem to be little inferior to the other, if at all. I shall not deny you the Description of them both.

Descript. Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right to the ground, bearing leaves being long and finely cut upon the stalk lying upon the ground, much larger than the leaves of Chamomel are. At the

it bears one single large Flower at a place, having a border of many Leaves white on the upper side, and reddish underneath, with a yellow thrum in the middle, not standing so close as that of Chamomel doth.

The other common Pellitory which groweth here, it hath root of a sharp biting taste, scarce discernable by the taste from that before described, from whence arise divers brittle stalks, a yard high and more; with narrow long leaves finely dented about the edges, standing one above another up to the top. The Flowers are many and white, standing in tufts like those of the first row, with a small yellowish thrum in the middle. The seed is very small.

Place. The last groweth in Fields by the Hedg sides and Paths, almost every where.

Time. It flowreth at the later end of *June* and *July*.

Government and Vertues. It is under the Government of *Mercury*, and I am perswaded that 'tis one of the best purgers of the head that grows. An ounce of the Juyce taken in a draught of Muskadel an hour before the fit of the Ague comes, will assuredly drive away the Ague at the second or third time taking at the furthest. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain of flegmatick Humors, thereby not only easing pains in the Head and Teeth, but also hindred the distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Phthisicks, and Consumptions, the Apoplexy, and Falling-sickness. It is an excellent approved Remedy in the Lethargy: The Powder of the Herb or Root being snuffed up the Nose procureth Sneezing, and easeth the Headach, being made into an Oyntment with Hogsgrease, it takes away the black and blew spots occasioned by blows or falls, and helps the Gout and Sciatica.

Brain Purgeth, Agues, flegmatick Humors, Head, Teeth, Distillations on the Brain on the Lungs and Eyes, Coughs, Phthisick, Consumptions, Apoplexy, Falling-sickness, Lethargie, Sneezing, Headach, black and blew Spots, Gout, Sciatica.

Pellitory of the Wall.

Descript. *It riseth up with many brownish, red, tender, weak, clear, and almost transparent stalks, about two foot high, upon which grow at the several joynts two Leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy at the stalks are also. At the joynts with the Leaves from the middle of the stalks upwards, where it spreadeth into some branches, stand many small, pale, purple Flowers in hairy rough Heads or Husks: after which come small, black and rough seed, which will stick to any Cloth or Garment that shall touch it. The Root is somwhat long, with many small fibres thereat, of a dark reddish colour, which abideth the Winter, although the stalks and Leaves perish and spring forth every year.*

Place. It groweth wild generally through the Land, about the borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up into Gardens, and planted on the shady side, where it will spring of its own sowing.

Plant. It flowreth in *June* and *July*, and the seed is ripe soon after.

Government and Vertues. It is under the Dominion of *Mercury*. The dried Herb Pellitory made up into an Electuary with Honey, or the Juyce of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular remedy for any old or dry Cough, shortness of breath, and wheesing in the Throat. Three ounces of the juyce thereof taken at a time, doth wonderfully help stopping of the Urine, and to expel Stone or Gravel in the Kidneys or Bladder, and is therefore usually put among other Herbs, used in Clysters to mitigate paine in the Back, Sides or Bowels, proceeding of wind, stopping of Urine, the Gravel or stone aforesaid. If the bruised Herb sprinkled with some Vinegar be warmed upon a tile, or in a dish upon a few hot Coals in a Chafing-dish, and applied to the Belly, worketh the same effect. The Decoction of the Herb drunk, easeth pains of the Mother, and bringeth Womens Courses; it also easeth those Griefs that arise from Obstructions of the Liver, Spleen, and Reins: the same Decoction with a little Honey added thereto, is good to gargle a sore Throat. The juice held a while in the mouth, easeth pains in the Teeth. The distilled Water of the Herb drunk with some Sugar, worketh the same effects, and cleanseth the skin from Spots, Freckles, Spots, Wheals, Sunburn, Morphew, &c. The Juyce dropped into the Ears, easeth the noise in them, and taketh away the pricking and shooting pains therein: The same, or the distilled Water, assuageth hot and swelling Imposthumes, Burnings and Scaldings by fire or water, as also all other hot Tumours and Inflammations, or breakings out of heat, being bathed often with Cloaths dipped therein. The Herb-juice made into a Liniment with Cerus and Oyl of Roses and anointed therewith, cleanseth foul rotten Ulcers, and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads: and helpeth to stay falling of the Hair from off the Head. The said Ointment or the Herb applied to the Fundament, openeth the Piles, and easeth their pains; and being mixed with Goats Tallow helpeth the Gout. The juice is very effectual to cleanse Fistulaes, and to heal them up safely; or the Herb it self bruised, and applied with a little Salt. It is likewise so effectual to heal any green wound, that if it be bruised and bound thereto for 3 days, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boyled in Wine with Wheat Bran and Bean Flower, and some Oyl put thereto, and applied warm to any bruised Sinew, Tendon or Muscle, doth in a very short time restore them to their strength, taking away the pains of the Bruises, and dissolveth the congealed blood coming of Blows or Falls from high places.

Old or dry Cough, Shortness of breath, Stone and Gravel, Mother, Womens Courses, Obstructions, Sore Throat, Teeth, Freckles, Wheals, Sunburn, Morphew, Pain in the Ears, Imposthumes, Burnings, Scaldings, Inflammations, Ulcers, Scabs, Falling of the Hair, Piles, Gout, Fistulaes, Green wounds, Bruised Wounds, Bruised Tendon or Muscle.

The juice of Pellitory of the Wall clarified and boyled into a Syrup with

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropsie; it continuing that course, though but once a week, if ever they have the Dropsie, let them come but to me, and I will cure them gratis.

Peny-royal.

PEny-royal is so well known unto all (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and stalks, in rising higher, and not creeping upon the ground so much. The Flowers whereof are purple, growing in Rundles about the stalk like the other.

Place. The first, which is common in Gardens, groweth also in many moist and watry places of this Land.

The second is found wild in *Essex* in divers places by the High-way from *London* to *Colchester*, and thereabouts more abundantly than in other Countries, and is also planted in their Gardens in *Essex*.

Time. They flower in the later end of Summer, about *August*.

Government and Vertues. The Herb is under *Venus*. *Dioscorides* saith,

Tough Flegm, Terms provokes, Dead Child and Afterbirth, Vomiting, Melancholy, Venomous Beasts, Fainting and Swooning, Gum, Gout, Marks in the face, Tooth-ach, Pains in the Joynts, Head-ach, pains of the Belly and Breast, Falling sickness, stinking Water, Cramps and Convulsions, Sore Mouth, Jaundice, Dropsie, pains of the Head, and Eye-sight.

That Peny-royal maketh thin tough flegm, warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt matter: Being boyled and drunk, it provoketh Womens Courses, and expelleth the dead Child and Afterbirth, and stayeth the disposition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth flegm out of the Lungs, and purgeth Melancholy by the stool. Drunk with Wine it helpeth such as are bitten or stung with Venomous Beasts, and applied to the Nostrils with Vinegar, reviveth those that are fainting and swooning. Being dried and burnt it strengtheneth the Gums: It is helpful to those that are troubled with the Gout, being applied of it self to the place until it wax red; and applied in a Plaister, it taketh away spots or marks in the face: Applyed with Salt it pleaseth those that are splenetick or Liver-grown. The Decoction doth help the Itch, if washed therewith; Being put into Baths for Women to sit therein, it helpeth the swelling and hardness of the Mother. The green Herb bruised and put into Vinegar, cleanseth foul Ulcers, and taketh away the marks of bruises and blows about the Eyes, and all discolourings of the Face by fire, yea and the Leprosie being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold griefs of the Joynts, taking away the pains, and warming the cold parts, being fast bound to the place after a bathing, or sweating in an Hot-house. *Pliny* addeth,

That Penyroyal and Mints together help fainting or swoonings, being put into Vinegar, and put into the Nostrils to be smelled unto, or a little thereof put into the Mouth. It easeth the Head-ache, and the pains of the Breast and Belly, stayeth the gnawing of the stomach, and inward pains of the Bowels: Being drunk in Wine, it provoketh Womens Courses, and expelleth the dead Child and Afterbirth: Being given in Wine it helpeth the Falling-sickness: Put into unwholsom or stinking Water that men must drink (as at Sea, or where other cannot be had) it maketh them the less hurtful: It helpeth Cramps or Convulsions of the sinews being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boyled in Milk and drunk, and for Ulcers and Sores in the Mouth. *Matthiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and Dropsie, and all pains of the Head and Sinews that come of a cold cause, and that it helpeth to clear and quicken the Eye-sight. Applied to the Nostrils of those that have the Falling-sickness or the Lethargy, or put into the Mouth it helpeth them much being bruised and with Vinegar applied. And applied with Barly Meal, it helpeth Burnings by fire, and put into the Ears, easeth the pains of them. *Lethargy, Burnings.*

Peony, Masc. & Fœmina.

Description. MAle Peony *riseth up with many browish Stalks, whereon grow many fair green, and sometimes reddish Leaves, one set against another, upon a stalk without any particular division in the Leaf at all. The flowers stand at the tops of the stalks, consisting of five or six broad Leaves, of a fair purplish red colour, with many yellow threds in the middle standing about the head, which after riseth up to be the seed Vessels, divided into two, three, or four rough crooked Pods like Horns, which being full ripe, open and turn themselves down one edge to anoth r backward, shewing within them divers round, black, shining seeds, having also many red or crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick and long, spreading and running down reasonable deep in the ground.*

The ordinary Female Peony *hath many stalks, and more Leaves on them than the Male; the Leaves not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts and divisions, of a dark or dead green colour. The Flowers are of a strong heady scent, most usually smaller, and of a more purple colour than the Male, with yellow thrums about the Head as the Male hath. The seed Vessels are like Horns as in the Male, but smaller; the seed also is black, but less shining. The Roots consist of many thick and short tuberous clogs, fastned at the ends of long strings, and all from the head of the Root which is thick and short, and of the like scent with the Male.*

Place and Time. They grow in Gardens; and flower usually about May.

Government and Vertues. It is an Herb of the *Sun*, and under the *Lyon*. Physitians say Male Peony Roots are best, but Dr. *Reason* told me, Male

Peony

Peony was best for Men, and Female Peony for Women, and he desires to be judg'd by his Brother Dr. *Experience*. The Roots are held to be of most Vertue; then the Seeds; next the Flowers, and last of all the Leaves. The Root of the Male Peony fresh gathered, hath been found by experience to cure the Falling-sickness; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the male Peony washed clean and stamped somewhat small, and laid to infuse in Sack for 24 hours at the least; after strain it, and take it first and last, morning and evening a good draught for sundry dayes together before and after a full Moon: and this will also cure older persons, if the disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body with Potions, drink made of Betony, &c. The Root is also effectual for Women that are not sufficiently cleansed after Childbirth, and such as are troubled with the Mother; for which likewise the black seed beaten to Powder and given in Wine is also available. The black seed also taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the Disease called *Ephialtes* or *Incubus*, but we do commonly call it the Night-Mare, a Disease which melancholy persons are subject unto: it is also good against Melancholick Dreams. The distilled Water, or Syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and those great Lovers of Rarities in this kind.

Women not cleansed in Child-birth,

Mother, Ephialtes, or the Night-Mare,

Melancholick Dreams.

Pepper-wort, or Dittander.

Descript. *Our common* Pepper-wort *sendeth forth somewhat long, and broad Leaves, of a light bluish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four foot high, spreading many branches on all sides, and having many small white Flowers at the tops of them, after which follow small seed in small Heads: The Root is slender, running much under ground, and shooting up again in many places: and both Leaves and Roots are very hot and sharp of taste like Pepper, for which cause it took the name.*

Place. It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exeter* in *Devonshire*; upon *Rochester* Common in *Kent*; in *Lancashire*, and divers other places: but is usually kept in Gardens.

Time. It flowreth in the end of *June*, and in *July*.

Government and Vertues. Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Ægineta* say, That Pepper-wort is very effectual for the Sciatica, or any other Gout, *Joynts pained*, or pain in the Joynts, or any other inveterate grief: The *Distolorings of* Leaves hereof to be bruised and mixed with old Hogs grease

Sciatica, Gout,

and applied to the place, and to continue thereon four hours *the skin marks* to Men, and two hours in Women, the place being after- *and scars By* words bathed with Wine and Oyl mixed together, and *burning, speedy* then wrapped with Wool or Skins after they have sweat a *delivery.*

Scale. It also amendeth the deformities or discolourings of the Skin, and helpeth to take away marks, scars, and scabs; or the foul marks of burning with fire or iron. The Juyce hereof is in some places used to be given in Ale to drink to women with Child, to procure them a speedy Delivery in Travel.

Perwincle.

Descript.] *THe common sort hereof hath many branches trailing, or running upon the ground, shooting out small fibres at the joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places At the joynts of these Branches stand two small dark, green, shining Leaves, somewhat like Bay-leaves, but smaller, and with them come forth also the flowers (one at a joynt, standing upon a tender Foot-stalk) being somewhat long, and hollow, parted at the brims, sometimes into four, sometimes into five Leaves, the most ordinary sort are of a pale blew colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger than a Rush, bushing in the ground, and creeping with his branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.*

Place. Those with the pale blew, and those with the white flowers grow in Woods, and Orchards, by the Hedg-sides, in divers places of this Land: But those with the purple flowers, in Gardens onely.

Time. They flower in *March* and *April.*

Temperature and Vertues. *Venus* owns this Herb, and saith, *Stanch* That the Leaves eaten by Man and Wife together, cause Love *Bleeding,* between them. The *Perwinckle* is a great binder, stayeth bleeding *Womens* both at Mouth and Nose, if some of the Leaves be chewed: *Courses,* The French use it to stay Womens Courses. *Dioscorides, Galen Flux of* and *Ægineta,* commend it against the Lask, and Fluxes of the *the Belly.* Belly, to be drunk in Wine.

St. Peters-wort.

IF Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. *Johns-wort*) had found some other name to be known by: but we may say of our Fore-fathers as St. *Paul* of the *Athenians.* I perceive that in many thing you are too superstitious, Yet seing it is come to pass, That Custom having got en possession, pleads Prescription for the name; I shall let it to pass, and come to the Description of the Herb, which take as followeth:

Descript.] *It riseth up with square upright stalks for the most part somewhat greater and higher than* St. Johns-wort (*and good reason too, St.* Peter *being the greater Apostle (ask the Pope else) for though God would have the*

Saints

Saints equal, the Pope is of a another opinion) but brown in the same manner, having two Leaves at every joynt, somewhat like, but larger than St. Johns-wort; *and a little rounder pointed, with few or no holes to be seen therein, and having sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also: At the tops of the stalks stand many star-like flowers, with yellow threds in the middle, very like those of St.* Johns-wort, *insomuch that this is hardly discerned from it, but onely by the largeness and height, the seed being alike also in both. The Root abideth long, sending forth new shoots every year*

Place. It groweth in many Groves and small low Woods, in divers places of this Land, as in *Kent*, *Huntington*, *Cambridge*, and *Northampton-shire* as also near Water-courses in other places.

Time.] It flowreth in *June* and *July*, and the seed is ripe in *August*.

Government and Vertues.] There is not a straw to chuse between this and St. *Johns-wort*, onely St, *Peter* must have it lest he should want Pot-herbs, it is of the same property with St. *Johns-wort*, but somewhat weak, and therefore more seldom used. Two drams of the seed taken at a time in honeyed water, purgeth Cholerick Humors (as saith *Dioscorides Pliny*, and *Galen*, and thereby helpeth those that are troubled with the Sciatica: The Leaves are used as St. *Johns-wort*, to help those places of the Body that have been burnt with fire.

Cholerick Humors, Sciatica, Burnings.

Pimpernel.

Descript. *Common* Pimpernel *hath divers weak, square stalks lying on the ground, beset all along with two small, and almost round Leaves at every joynt, one against another, very like* Chickweed *but hath no Foot-stalks, for the Leaves as it were compass the stalk: The Flowers stand singly each by themselves at them and the stalks, consisting of five round small pointed Leaves of a fine pale red colour, tending to an Orange, with so many threds in the middle, in whose places succeed smooth round Heads, wherein is contained small seed. The Root is small and fibrous, perishing every year.*

Place. It groweth every where almost, as well in the Meadows and Corn fields, as by the way sides and in Gardens arising of it self.

Time. It flowreth from *May* unto *August*, and the seed ripeneth in the mean time, and falleth.

Government and Vertues.] It is a gallant Solar Herb, This is of a cleansing and attractive quality, whereby it draweth forth Thorns or Splinters, or other such like things gotten into the flesh, and put up into the Nostrils, purgeth the Head, and *Galen* saith also they have a drying faculty, whereby they are good to soder the Lips of Wounds, and to cleanse foul Ulcers. The distilled Water or Juyce is much esteemed by French Dames to cleanse the skin from any roughness, Deformity, or discolouring thereof: Being boyled in Wine

Thorns or splinters, purgeth the Head, wounds & ulcers, cleanseth Face, Plague, & Pestilential Feavers,

Wine, given to drink, it is a good Remedy against the *Venomous* Plague, and other Pestilencial Feavers, if the Party, after *Beasts, Mad* taking it, lie warm in his bed & sweat for two hours after, *Dogs biting,* and use the same twice at least. It helpeth also all stingings *Obstructions,* and bitings of Venomous Beasts or Mad Dogs, being used *Urin, Stone and* inwardly and applied outwardly. The same also openeth *Gravel, Wounds* the Obstructions of the Liver, and is very available against *and ulcers,* the Infirmities of the Reins, it provoketh Urin, and help- *Clouds or mists* eth to expel the Stone and Gravel out of the Kidneys and *in the Eyes,* Bladder, and helpeth much in all inward Wounds and Ul- *Toothach, Hee-* cers. The Decoction or distilled Water is no less effectu- *morrhoids.* al to be applied to all Wounds that are fresh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in short space. A little Honey mixed with the Juyce, and dropped into the Eyes, cleanseth them from cloudy mists, or thick films which grow over them and hinder the sight. It helpeth the Toothach being dropped into the Ear on the contrary side of the pain. It is also effectual to ease the pains of the Hemorrhoids or Piles.

Ground-pine, *or* Chamepitys.

Descript.] *Our common* Ground-Pine *groweth low, seldom rising above an hand bredth high, shooting forth divers small Branches, set with slender, small, long, narrow, grayish or whitish Leaves somewhat hairy and divided into three parts, many times many bushing together at a joynt, and sometimes some growing scatteredly upon the stalks, smelling somewhat strong, like unto Rosin; the Flowers are somewhat small and of a pale yellow colour growing from the joynts of the stalk all along among the Leaves, after which come small, and round Husks: The Root is small and woody, perishing every year.*

Place. It groweth more plentifully in *Kent* than in any other County of this Land, as namely in many places on this side *Dartford* along to *Southfleet, Chatham,* and *Rochester,* and upon *Chatham* Down, hard by the Beacon, and half a mile from *Rochester* in a field nigh a House called *Ilsey.*

Time. It flowreth and giveth Seed in the Summer Months.

Government and Vertues.] *Mars* owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail against the stran- gury, or any inward pains arising from the Diseases of the Reins *Strangury,* and Urin, and is especial good for all Obstructions of the Li- *Obstructi-* ver and Spleen, & gently openeth the Body, for which purpose *ons,* they were wont in former times to make Pills with the Powder *Mother,* thereof, & the purple Figs. It marvelously helpeth all the Dis- *wombs* eases of the Mother used inwardly, or applied outwardly, procu- *Courses,* ring Womens Courses, and expelling the dead Child and As- *Dead Child* ter-birth, yea, it is so powerful upon those Feminine parts that *and After-* it is utterly forbidden for Women with Child, in that it will *birth.*

cause

cause abortment or delivery before the time: It is as effectual also in all pains and Diseases of the Joynts, as Gouts, Cramps, Palseys, Sciatica, Aches, &c. either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both for some time together; for which purpose the Pills made with Powder of Ground Pine, and of Hermodactils with Venice Turpentine are very effectual. These Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for the Jaundice, and for griping pains of the Joynts, Belly, or inward parts: It helpeth also all Diseases of the Brain proceeding of cold and Flegmatick Humors and Distillations, as also for the Falling-sickness. It is an especial Remedy for the poyson of the Aconites of all sorts, and other poysonful Herbs, as also against the stinging of any Venomous Creatures: It is a good Remedy for a cold Cough especially in the beginning. For all the purposes aforesaid, the Herb being tunned up in new drink and drunk, is almost as effectual, but far more acceptable to weak and dainty stomachs. The Distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which *Mathiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applied, dissolveth the hardness of Womens Breasts, and all other hard Swellings in any other part of the Body. The green Herb also applied, or the juyce thereof with some Honey, not onely cleanseth puerid, stinking, foul and Malignant Ulcers and Sores of all sorts, but healeth and sodereth up the lips of green Wounds in any part also.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part.

Dropsie, Poyson of the Aconites, Venomous Creatures, Cold, Cough, Palsie, Hard Breasts, and hard Swelling, Ulcers and old Sores, Green Wounds.

Plantane.

THis groweth so familiarly in Meadows and Fields, and by Pathways and is so well known that it needeth no Description.

Time.] It is in its beauty about *June*, and the Seed ripeneth shortly after.

Government and Vertues.] Its true, *Mizaldus* and others, yea almost all Astrologo-Physitians hold this to be an Herb of *Mars*, and they give a very similie of a truth for it too, *viz.* Because it cures Diseases of the Head and privities which are under the Houses of *Mars*, *Aries* and *Scorpio*: All Diseases of the Head coming of heat are caused by *Mars*, for *Venus* is made of no such hot metal, or at least deals in inferior parts. The truth is, it is under the command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*, neither is there hardly a Martial Disease but it cures: If I were to fortifie my Body against a Martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The

The juice of Plantane clarified and drunk for divers days together, either of himself or in other drink, prevaileth wonderfully against all torments or Excoriations in the Guts or Bowels, helpeth the Distillations of Rheum from the Head, and stayeth all manner of Fluxes, even Womens Courses when they flow too abundantly: It is good to stay spitting of Blood, and other Bleedings at the Mouth, or the making of foul or bloody water by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds. It is held an especial remedy for those that are troubled with the Ptisick, or Consumption of the Lungs, or Ulcers in the Lungs, or Coughs that come of hear. The Decoction or Powder of the Roots or Seed, is much more binding for all the purposes aforesaid than the Leaves. *Dioscorides* saith, That three Roots boyled in Wine and taken, helpeth the *Tertian Ague*, and four the *Quartan Ague*: But letting pass the number as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the seed) is held to be profitable against the Dropsie, the Falling-sickness, the Yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of *Spain* beaten to Powder, and put into hollow Teeth, taketh away the pains of them: The clarified juyce or distilled Water dropped into the Eyes cooleth the inflammations in them, and taketh away the Pin and Web; and dropped into the Ears easeth pains in them, and helpeth and restoreth the Hearing: The same also with juyce of Houseleek is profitable against all Inflammations and breakings out of the Skin, and against Burnings and Scaldings by fire or Water. The Juyce or Decoction made either of it self, or other things of like nature is of much use and good effect for old and hollow Ulcers that are hard to be healed, and for Cankers and Sores in the Mouth or Privy parts of Man or Woman; and helpeth also the pains of the Piles in the Fundament. The Juyce mixed with Oyl of Roses, and the Temples and Forehead anointed therewith, easeth the pains of the Head proceeding from hear, and helpeth Lunatick and Phrenetick persons very much; as also the biting of Serpents or a mad Dog: The same also is profitably applied to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any bone is out of joynt, to hinder Inflammations, Swellings and Pains that presently rise thereupon. The Powder of the dried Leaves taken in drink, killeth worms of the Belly, and boyled in Wine killeth Worms that breed in it and foul Ulcers. One part of Plantane Water, and two parts of the brine

Pains in the Guts, Distillation of Rheum, Fluxes, and womens Courses, Spitting Blood, or bleeding at Mouth or Nose, or of wounds, Ptisick, Consumption or ulcers in the Lungs, Tertian Ague, Dropsie, and Falling-sickness, Toothach, Pin and web in the Eyes, Pains in the Ears, Inflammations, Burning or Scalding, Hollow ulcers, Cankers and Sore Mouth, or Privy part, Piles, Pains of the Head, Lunacy and Phrensie, Biting of Serpents or Mad Dogs, Hot Gouts, Bones out of Joynt, Worms in the Belly, or in ulcers, Scabs and Itch, Tetters, Ringworms, Shingles and fretting Sores, wounds.

brine of powder'd Beef boyled together and clarified, is a most sure Remedy to heal all spreading Scabs and Itch in the Head or Body, all manner of Tetters, Ringworms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound Herbs to heal fresh or old Wounds or Sores either inward or outward.

Plums.

THese are so well known that they need no Description.

Government and Vertues. All *Plums* are under *Venus*, and are like Women, some better, some worse. As there is great diversity of the kinds, so is there in the operation of Plums; for some that are sweet moisten the stomach & make the Belly soluble; those that are sowr quench thirst more, and bind the Belly; the moist and waterish soonest corrupt in the stomach, but the firm do nourish more and offend less: The dried fruit sold by the Grocers under the name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed, are often used both in health and sickness, to relish the Mouth and Stomach, to procure Appetite, and a little to open the Body, allay Choler, and cool the stomach: *Plum-tree* Leaves boiled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Trees is good to break the stone. The Gum or Leaves boyled in Vinegar and applied, kill Tetters and Ringworms. *Matthiolus* saith, The Oyl pressed out of the Kernels of the stones, as Oyl of Almonds is made, is good against the inflamed Piles, the Tumors or Swellings of Ulcers, Hoarsness of the Voice, roughness of the Tongue and Throat, and likewise the pains in the Ears. And that five ounces of the said Oyl taken with one ounce of Muscadel, driveth forth the stone, and helpeth the Cholick.

Open the Belly, Quench Thirst, and bind the Belly, procure Appetite, allay Choler, Cool the Stomach, Rheum, Stone, Tetters and Ringworms, Piles, Ulcers, Hoarsness, and pains in the Ears, Stone and Cholick.

Polipody of the Oak.

Descript. *THis is a small Herb, consisting of nothing but Roots and Leaves, bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rising from the Root, every one single by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle Rib, standing on each side of the stalk, large below, and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath; of a sad green colour, and smooth on the upper side, but on the under side somewhat rough by reason of some yellowish spots set thereon. The Root is smaller than ones little finger lying aslope, or creeping along under the upper crust of the Earth, brown on the outside, and greenish within, of a sweetish harshness in taste, set with certain rough Knag on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nourished.*

Place. It groweth as well upon old rotten ſtumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as alſo in Moſſie, Stony, and Gravelly places, near unto Woods: That which grows upon Oaks is accounted the beſt, but the quantity thereof is ſcarce ſufficient for the common uſe.

Time. It being alwaies green, may be gathered for uſe at any time.

Government and Vertues. And why, I pray, muſt Polypodium of the Oak only be uſed? Gemle Colledge of Phyſitians, can you give me but a limps of a Reaſon for it? Is it only becauſe it is deareſt? Will you never have your covetouſneſs till your lives leaves you? The truth is, that which grows upon the Earth is beſt ('tis an Herb of *Saturn*, and he ſeldome climbs Trees) to purge Melancholy; if the Humor be otherwiſe, chuſe your Polypodium accordingly. *Meſue* (who is called the Phyſitians Evangeliſt for the certainty of his Medicines, and the truth of his Opinions) ſaith, That it drieth up thin Humors, diſcreteth thick and tough, and purgeth burnt Choler, and eſpecially tough and thick Flegm, and thin Flegm alſo, even from the joynts; and is therefore good for thoſe that are troubled with Melancholy, or Quartan Agues, eſpecially if it be taken in Whey, or Honeyed-water, or in Barly-water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is alſo good for the hardneſs of the ſpleen, & for prickings or ſtitches in the ſides, as alſo for the Cholick; ſome uſe to put to it ſome Fennel-ſeeds, or Annis-ſeeds, or Ginger to correct that loathing it bringeth to the ſtomach, which is more than needeth, it being a ſafe and gentle Medicine, fit for all perſons at all ſeaſons, which daily experience confirmeth; and an ounce of it may be given at a time in a Decoction, if there be not Sena, or ſome other ſtrong purger put with it. A dram or two of the powder of the dried Roots, taken faſting in a cup of Honeyed-water, worketh gently, and for the purpoſes aforeſaid. The diſtilled water both of Roots and Leaves much commended for the Quartan Ague, to be taken for many daies together; as alſo againſt Melancholy, or fearful or troubleſome ſleeps or dreams; and with ſome Sugar-candy diſſolved therein, is good againſt the Cough, ſhortneſs of breath and wheeſings, and thoſe diſtillations of thin Rheum upon the Lungs, which cauſe Phthiſicks, and oftentimes Conſumptions. The freſh Roots beaten ſmall, or the powder of the dried Roots mixed with Honey, and applied to the Member that is out of joynt, doth much help it: applied alſo to the Noſe, cureth the Diſeaſe called *Polipus*, which is a piece of Fleſh growing therein, which in time ſtoppeth the paſſage of breath through that Noſtril; and it helpeth thoſe clefts or chops that come between the fingers or toes.

Dryeth Humors, purgeth burnt Choler, Flegm, Melancholy, Quartan Agues, ſplees, Cholick, troubleſome ſleeps, Cough, ſhortneſs of Breath, wheefings, lungs, phthiſick, member out of joynt, Polipus, or Diſeaſe in the Noſe, Chops in the fingers or toes.

The Poplar-Tree.

Descript. *There are two sorts of* Poplars, *which are most familiar wit*[illegible] *viz. The* Black *and the* White, *both which I shall here d*[illegible] *unto you.*

The white Poplar *groweth great and reasonable high, covered with a th*[illegible] *smooth, white Bark, especially the Branches, having large Leaves cut into* [illegible] *ral divisions almost like a Vine-leaf, but not of so deep a green on the upper* [illegible] *and hoary white underneath, of a reasonable good scent, the whole form rep*[illegible] *ting the form of Colts-foot. The Catkins which it bringeth forth befo*[illegible] *Leaves, are long, and of a faint reddish colour, which fall away, bearin*[illegible] *dome good seed with them. The wood hereof is smooth, soft, and white,* [illegible] *finely waved, whereby it is much esteemed.*

The black Poplar *groweth higher and straiter than the white, with a* [illegible] *Bark bearing broad and green Leaves somewhat like Ivy-leaves, not cut* [illegible] *the edges like the white, but whole and dented, ending in a point, and not* [illegible] *underneath, hanging by slender long foot-stalks, which with the air are co*[illegible] *ally shaken like as the Aspin-leaves are: The Catkins hereof are greater th*[illegible] *the white, composed of many round, green Berries as it were set together* [illegible] *long cluster, containing much downy matter, which being ripe, is blown* [illegible] *with the wind: The clammy Buds hereof before they spread into Leaves, a*[illegible] *thered to make the* Unguentum Populeon, *and are of a yellowish green* [illegible] *and small, somewhat sweet, but strong. The wood is smooth, tough, and* [illegible] *and easie to be cloven: on both these Trees groweth a sweet kind of Musk,* [illegible] *in former times was used to be put into sweet Ointments.*

Place. They grow in moist Woods, and by Water-sides in sundry p[illegible] of this Land, yet the white is not so frequent as the other.

Time. Their time is likewise expressed before. The Catkins co[illegible] forth before the Leaves in the end of Summer.

Government and Vertues. Saturn hath Dominion over both. The [illegible] Poplar, saith *Galen*, is of a cleansing property: the weight of one [illegible] in powder of the Bark thereof being drunk, saith *D*[illegible] *des*, is a Remedy for those that are troubled with the [illegible] atica, or the Strangury: The Juice of the Leaves [illegible] ped warm into the Ears, easeth the pains in them: [illegible] young clammy Buds or Eyes before they break out [illegible] Leaves, bruised, and a little honey put to them, is a [illegible] Medicine for a dull sight. The black Poplar is held [illegible] more cooling than the white, and therefore the Le[illegible] bruised with Vinegar and applied, help the Gout: [illegible] Seed drunk in Vinegar is held good against the Fall[illegible] sickness. The Water that droppeth from the hollow [illegible] of this Tree, taketh away Warts, Pushes, Wheals, [illegible] ther the like breakings out in the Body. The young black Poplar [illegible] saith *Mathiolus*, are much used by Women to beautifie their hair, bru[illegible]

Sciatica, Strangury, pain in the Ears, dull sight, Gout, Falling-sickness, Warts, Pushes and Wheals, Heat, and Inflammations, drieth Womens Milk.

with fresh Butter, and straining them after they have been kept for time in the Sun: The Ointment called *Populeon*, which is much of Poplar, is singular for all heat and inflammation in any part of the and tempereth the heat of Wounds: It is much used to dry up the in Womens Breasts, when they have weaned their Children.

Poppy.

this I shall Describe three kinds, viz. The White and Black of the Garden, and the Erratick, Wild-Poppy or Corn-Rose.

Description. *The* White Poppy *hath at first four or five whitish green Leaves upon the ground, which rise with the stalk, compassing it at the bottom them, and are very large, much cut or torn in on the edges, and dented also Ales: The stalk which is usually four or five foot high, hath sometimes no ches at the top, and usually but two or three at most, bearing every one but ead, wrapped in a thin skin, which bowsth down before it be ready to blow, then rising and being broken, the flower within it spreadeth it self open, and sth of four very large, white, round Leaves, with many whitish round s in the middle, set about a small, round, green head, having a crown, or like cover at the head thereof, which growing ripe, becometh as large as a Apple, wherein are contained a great number of small round seeds in se- partitions or divisions next unto the shell, the middle thereof remaining and empty. All the whole Plant, both Leaves, stalks and Heads, they are fresh, young, and green, yield a Milk, when they are broken, of an sant bitter taste, almost ready to provoke casting, and of a strong heady which being condensate, is called* Opium. *The Root is white, and woody, ing as soon as it hath given ripe seed.*

The Black Poppy *little differeth from the former, until it cometh to flow- which is somewhat less, and of a black purplish colour, but without any pur- in the bottom of the Leaf. The head of the seed is much less than the s, and openeth it self a little round about the top, under the crown, so that ed which is very black, will fall out if one turn the head thereof down-*

Wild-Poppy, or Corn-Rose, *hath long and narrow Leaves, very much as the edges into many divisions, of a light green colour, and sometimes withal: The stalk is blackish and hairy also, but not so tall as the garden , having some such like Leaves thereon as grow below, parted into three or aches sometimes, whereon grow small hairy heads bowing down before the brick, wherein the flower is enclosed, which when it is full blown open, is fair yellowish red, or crimson colour, and in some much paler, without any the bottom of the Leaves, having many black soft threds in the middle, ing a small green head, which when it is ripe, is not bigger than one's lit- end, wherein is contained much black seed, smaller by half than that of arden. The Root perisheth every year, and sprouteth again of its own sow- Of this kind, there is one other sort, in all parts thereof, and differeth in co-*

Place. The Garden kinds do not naturally grow wild in any place, are all sown in Gardens where they grow.

The *wild Poppy*, or Corn-Rose, is plentiful enough, and many time much in the Corn-fields of all Countreys through this Land, and also Ditch-banks, and by Hedge-sides. The smaller wild kind is also scatt Corn-fields, and also in some other places, but not so plentifully as the mer.

Time. The Garden kinds are usually sown in the Spring, which flower about the end of *May*, and somewhat earlier, if they spring of own sowing.

The wild kinds flower usually from *May* until *July*, and the seed of is ripe soon after the flowring.

Government and Vertues. The Herb is *Lunar*, and of the juice of made *Opium*, only for lucre of money they cheat you, & tell you 'tis of *Tear*, or some such like thing that drops from *Poppies* they weep, and that is somewhere beyond the Seas, I kno where beyond the *Moon*. The Garden Poppy heads, with made into a Syrup, is frequently, & to good effect used to cure rest and sleep in the sick and weak, and to stay Catar Defluxions of hot thin Rheums from the Head into the throat, and upon the Lungs, causing a continual Cough, Fore-runner of a Consumption: It helpeth also Hoarse the throat, and when one hath lost their voice, which th of the Seed doth likewise. The black seed boyled in Wa drunk, is said also to stay the Flux of the belly, and Wo Courses. The empty shels of the Poppy heads are usually ed in water, & given to procure rest & sleep; so do the L in the same manner, as also if the Head and Temple be b with the Decoction warm, or with the Oil of Poppies, the p Leaves or Heads bruised and applied with a little Vineg made into a Pultiss with Barly-meal, or Hogs-grease, it co & tempereth all Inflammations, as also the Disease called S thonies fire. It is generally used in Treacle and Mithrid in all other Medicines that are made to procure rest and & to ease pains in the Head as well as in other parts: It i used to cool Inflammations, Agues, or Phrenses, and to stay defluxions cause a Cough or Consumption; and also other Fluxes of the Belly, o mens Courses: It is also put into hollow teeth to ease the pain, and been found by experience to ease the pain of the Gout.

The wild *Poppy*, or Corn-rose, (as *Mathiolus* saith) is good to preven Falling-sickness. The syrup made with the flowers, is with effect given to those that have the Pleurisie: & the dried ers also, either boyled in Water, or made into Powder drunk, either in the Distilled water of them, or in some Drink, worketh the like effect. The Distilled Water of the ers, is held to be of much good use against Surfeits; being

Procure Sleep, Catarrhs, and defluxions of Rheum upon the Lungs, Hoarseness, Flux of the belly and womens Courses, Inflammations, & St. Anthony fire, pains in the Head, Phrenses, Tooth-ache, Falling-sickness, Pleurisie, Surfeits, Agues, &

ening and morning: It is also more cooling than any of the *Inflamma-*
her Poppies, and therefore cannot but be as effectual in hot *tions.*
gues, Phrensies, and other inflammation either inward or out-
rd, the syrup or water to be used therein, or the green Leaves used out-
rdly, either in an Ointment, as it is in *Populeon*, a cooling Ointment, or
y other waies applied. *Galen* saith, The seed is dangerous to be used in-
rdly.

Purslane.

GArden Purslane (being used as a Salad Herb) is so well known, that it needeth no Description; I shall therefore only speak of its Vertues as lloweth:

Government and Vertues. 'Tis an Herb of the *Moon*. It is good to cool y heat in the Liver, Blood, Reins and Stomach, and in hot Agues, no-ng better: It stayeth hot and cholerick Fluxes of the lly, Womens Courses, the Whites and Gonorrhea, or ning of the Reins, the Distillations from the Head, & ds therein proceeding of Heat, want of sleep, or the ensie. The seed is more effectual than the herb, and is gular good use to cool the heat and sharpness of the ine, and the outragious Lust of the Body, Venereous eams, and the like, insomuch that the over frequent use eof, extinguisheth the Heat and Vertue of Natural Pro-ation. The seed bruised and boyled in Wine, and given Children, expelleth the Worms. The juice of the herb held as effectual to all the purposes aforesaid, as also to Vomitings; & taken with some sugar or honey, helpeth old and dry Cough, shortness of Breath, and the Pthi-and stayeth immoderate thirst. The distilled Water the Herb is used by many (as the more pleasing) with a le sugar to work the same effects. The Juice also is gular good in the Inflammations & Ulcers of the secret in Man or Woman, as also of the Bowels and Hemor-ids, when they are Ulcerous, or Excoriations in them: e Herb bruised and applied to the Forehead and Tem-, allayeth excessive heat therein, hindring rest and sleep; applied to the Eyes, taketh away the redness and in-mmation in them, and those other parts where Pushes, heals, Pimples, St. *Anthonies* fire, and the like, break eth, especially if a little Vinegar be put to it: And being d to the Neck with as much of Galls and Linseed toge-, taketh away the pains therein, and the Crick in the eck. The juice is used with Oil of Roses for the said uses, or for Blastings by Lightning, and Burnings by un-powder, or for Womens sore Brests, and to allay the t in all other sores or hurts: Applied also to the Na-

Cooleth heat of blood in hot Agues, cholerick Fluxes, Womens Courses, the Whites and Gonorrhea, distillations, phrensie, Heat of Urine, Lust, and venereous Dreams, Worms, Vomiting, old, dry Cough, short breath, & pthisick, ulcers in the secret parts, Redness of the Eyes, and inflammations, Crick or pain the Neck, blastings by Lightning, burning by gunpowder, sore Brests, Children Navels, sore Mouths, & swollen Gums, fastneth Teeth, Tooth-ach, bloody

Urine, Gout, Cramp, & stiffness of the sinews.

vels of Children that stick forth, it helpeth them: It is so good for sore mouths, and gums that are swollen, [illegible] stan loose teeth. *Camerarius* saith, that the distilled W[illegible] used by some, took away the pain of their teeth, whe[illegible] other Remedies failed, and that the thickned juice ma[illegible] Pills with the Powder of Gum Tragacanth, and Arabick, being taken, [illegible] vaileth much to help those that make a bloody water. Applied to the [illegible] it easeth pains thereof, and helpeth the hardness of the Sinews, if it co[illegible] of the Cramp, or a cold cause.

Prim-Roses.

THey are so well known, that they need no Description. Of the L[illegible] of Prim-roses is made as fine a Salve to heal Wounds as any is [illegible] know: You shall be taught to make Salves of any Herb at the later e[illegible] the Book, make this as you are taught there, and do not (you that h[illegible] ny ingenuity in you) see your poor Neighbours go with wounded [illegible] when a halfpeny cost will heal them.

Privet.

Description. *Our common Privet is carried up with many slender Bra[illegible] to a reasonable height and breadth, to cover Arbors, [illegible] and Banquetting-Houses, and brought, wrought, and cut into many Form[illegible] Men, Horses, Birds, &c. which though at first supported, groweth after[illegible] strong of it self: It beareth long and narrow green Leaves by couples, and [illegible] smelling white flowers in tufts at the ends of the branches, which turn [illegible] small black Berries that have a purplish juice within them, and some seeds [illegible] are flat on the one side, with a hole or dent therein.*

Place. It groweth in this Land in divers Woods.

Time. One *Privet* flowreth in *June* and *July*; the Berries are ri[illegible] *August* and *September*.

Government and Vertues. The Moon is Lady of this. It is little use[illegible] Physick with us in these times, more than in Lotions to [illegible] Sores, and sore Mouths, and to cool Inflammations, and [illegible] up Fluxes. Yet *Mathiolus* saith, It serveth to all the use[illegible] the which *Cipres* or the East *Privet* is appointed by *Dios[illegible]des* and *Galen*. He further saith, That the Oil that is [illegible] of the flowers of *Privet* infused therein, and set in the [illegible] is singular good for the inflammations of Wounds, and [illegible] the Head-ach coming of an hot cause. There is a sweet W[illegible]ter also distilled from the Flowers that is good for all th[illegible] Diseases that need cooling and drying, and therefore hel[illegible] all Fluxes of the Belly or Stomach. Bloody Fluxes, [illegible] Women's Courses being either drunk or applied, as al[illegible] those that void blood at their Mouth, or at any other pla[illegible] and for Distillations of Rheum in the Eyes, especially [illegible] be used with *Tutia*.

Lotions to wash sore Mouths, throats, Cool Inflammations, Dry Fluxes, Inflammation in Wounds, Head-ach, Fluxes & Womens courses, Voiding blood, Rheum in the Eyes.

Queen of the Meadows, Meadow-sweet, or Mead-sweet.

Descript. *THe stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the joynts thereof large Leaves, standing out above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like unto Elm-Leaves, having also some smaller Leaves* [illegible] *them (as Agrimony hath) somewhat deeply dented about the edges, of a* [illegible] *green colour on the upper side, and grayish underneath, of a pretty sharp* [illegible] *and taste, somewhat like unto* Burnet, *and a Leaf hereof put into a cup of* [illegible]*-wine, giveth also a fine rellish to it: At the tops of the stalks and branches stand many tufts of small white flowers, thrust thick together, which smell* [illegible] *sweeter than the Leaves: and in their places being fallen, come crooked &* [illegible] *seed. The Root is somewhat woody, and blackish on the out-side, and* [illegible] *within, with divers greater strings, and lesser fibres set thereat, of a* [illegible] *scent, but nothing so pleasant as the Flowers and Leaves, and perisheth* [illegible] *but abideth many years, shooting forth anew every spring.*

Place. It groweth in moist Meadows, that lye much wet, or near the [illegible] of Water.

Time. It flowreth in some place or other all the three Summer Moneths, [illegible] *June, July,* and *August,* and their seed is ripe quickly after.

Government and Vertues. Venus claims dominion over the Herb. It is [illegible] to stay all manner of Bleedings, Fluxes, Vomitings, [illegible] Womens Courses, as also their whites: It is said to [illegible] and take away the fits of quartan Agues, and to make [illegible] merry heart, for which purpose some use the Flowers, [illegible] some the Leaves. It helpeth speedily those that are troubled with the Cholick, being boyled in Wine; and with [illegible] Honey taken warm, it openeth the Belly: but boyled [illegible] Wine and drunk, it stayeth the flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cancerous or eaten, or hollow and fistulous, for which it is by [illegible] much commended, as also for the sores in the mouth, [illegible] secret parts. The Leaves, when they are full grown, being laid upon the skin, will in a short time raise Blisters thereon, as *Tragus* saith. The Water thereof helpeth the [illegible] and Inflammation in the Eyes.

Bleedings, Fluxes, Vomitings, Womens Courses and the Whites, Quartan Ague, Cholick, opens the Belly, old Ulcers, healeth sore mouths or secrets, raise Blisters, Inflammation in the Eyes.

The Quince-Tree.

Descript. *THe ordinary* Quince-tree *groweth often to the height and bigness of a reasonable* Apple-tree, *but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far abroad. The Leaves are somewhat like those of the* Apple-tree, *but thicker, broader, and fuller of Vein, and whiter on the under side, not dented at all about the*

edges. The flowers are large and white, sometimes dash'd over with a blu
The fruit that followeth is yellow, being neer ripe, and covered with a
Frost, or Cotton, thick set on the younger, and growing less as they grow
through ripe, hushed out often times in some places, some being liker an Ap
and some a Pear, of a strong heady scent, and not durable to keep, and is so
harsh, and of an unpleasant taste, to eat fresh; but being scalded, roasted, bak
or preserved, becometh more pleasant.

Place and Time. It best likes to grow neer Ponds and Water-sides, &
frequent through this Land; and flowreth not until the Leaves be co
forth. The Fruit is ripe in *September* or *October*.

Government and Vertues. Old *Saturn* owns the Tree. Quinces
they are green, helps all sorts of Fluxes in Man or Woman,
Fluxes, Lask, &c. Cholerick Lasks, Castings, and whatsoever needeth astrict
more than any way prepared by fire; yet the Syrup of
Provoketh Appetite, stayeth Vomiting, Fainting Spirits, Choler, Flegm, Poyson, Worms, Bursts, Plague-sores, Preserveth Hair. Juice, or the Conterve, are much conducible, much of the b
ding quality being consumed by the fire: If a little Vinegar
added, it stirreth up the languishing appetite, and the stom
given to casting: Some Spices being added, it comforteth
strengtheneth the decayed and fainting spirits, and helpeth
Liver oppressed, that it cannot perfect the digestion; and
rectifieth Choler and Flegm: If you would have them Purge
put honey to them instead of Sugar; and if more Laxativ
for Choler, Rhubarb; for Flegm, Turbith, for watry ill
mors, Scammony: but if more forcibly to bind, use the un
Quinces with Roses, and Acacia, or Hypocistis, and some
rified Rhubarb. To take the crude Juice of Quinces, is held
preservative against the force of deadly poyson; for it hath be
found most certain true, That the very smell of a Quince ha
taken away all the strength of the poyson of white *Hellebore*.
there be need of any outward binding and cooling of any h
Fluxes, the Oyl of Quinces, or other Medicines that may be made them
of, are very available to anoint the Belly, or other parts therewith: It lik
wise strengtheneth the Stomach and Belly, and the sinews that are loo
by sharp Humors falling on them, and restraineth immoderate sweating
The Mucilage taken from the seeds of Quinces, and boyled in a little W
ter, is very good to cool the heat, and heal the sore Brests of Women. Th
same with a little Sugar is good to lenifie the harshness and hoarseness of th
Throat, and roughness of the Tongue. The Cotton or Down of Quinc
boyled and applied to Plague-sores, healeth them up; and laid as a Pla
ster made up with wax, it bringeth hair to them that are bald, and keepeth
it from falling, if it be ready to shed.

Rhadish, and Horse-Rhadish.

THE Garden Rhadish is so well known, that it needeth no Description.
Description. The Horse-Rhadish hath his first Leaves that rise before
[illegible] not and deep long, they much eat in or torn on the edges

many parts of a dark green colour, with a great Rib in the middle, after these have been up a while, others follow which are greater, rougher, broader, and longer, whole, and not divided as the first, but only somewhat roundly dented about the edges: The stalk when it beareth Flowers (which is but seldome) is great, rising up with some few lesser Leaves thereon to three or four foot high, spreading at the top many small branches of whitish Flowers, made of four Leaves apiece; after which come small pods like those of Shepheards-purse, but seldome with any seed in them. The Root is great, long, white, and rugged, shooting up divers Heads of Leaves, which may be parted for increase, but it doth not creep within ground, nor run above ground, and is of a strong, sharp, and bitter taste, almost like Mustard.

Place. It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in moist and shadowy places.

Time. It flowreth but seldome, but when it doth, it is in *July*.

Government and Vertues. They are both under *Mars*, the Juyce of Horse-Rhadish given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children being drunk, and also laid upon the belly. The Root bruised & laid to the place grieved with the Sciatica, Joynt-ach, or the hard swellings of the Liver and Spleen, doth wonderfully help them all. The distilled water of the Herb and Roots, is more familiar to be taken with a little sugar for all the purposes aforesaid.

Scurvy, worms, Sciatica, Liver and Spleen.

Garden Rhadishes are in wantonness by the Gentry eaten as Salad, but they breed but scurvy humors in the Stomach, and corrupt the Blood, and then send for a Physitian as fast as you can; this is one cause makes the Owners of such nice Palats so unhealthful, yet for such as are troubled with the Gravel, Stone, or stoppage of Urine, they are good Physick if the body be strong that takes them: You may make the Juice of the Roots into a Syrup if you please for that use: They purge by Urine exceedingly.

Stone, Dysury.

Ragwort.

IT is called also St. *James-wort*, *Stagger-wort*, and *Stammer-wort*, and *Seggrum*.

Descript. *The greater common* Ragwort *hath many large, and long, dark green Leaves lying on the ground, very much rent and torn on the sides into many pieces; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish stalks three or four foot high, sometimes branched, bearing divers such like Leaves upon them at several distances into the tops, where it brancheth forth into many stalks bearing yellow Flowers, consisting of divers Leaves set as a Pale or Border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into Down, and with the small, blackish gray seed are carried away with the wind. The Root is made of many Fibres, whereby it is firmly fastned into the ground, and abideth many years.*

There is another sort hereof different from the former only in this, That it

it riseth not so high; the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft, and woolly, and the Flowers usually paler.

Place. They grow both of them wild in Pastures, and untilled grounds, in many places, and often times both in one Field.

Time. They flower in *June* and *July*, and the seed is ripe in *August*.

Government and Vertues. Ragwort is under the command of Dame *Venus*, and cleanseth, digesteth, and discusseth. The Decoction of the Herb is good to wash the Mouth or Throat that hath Ulcers or Sores therein; and for swellings, hardness, or impostumations, for it throughly cleanseth and healeth them; also the Quinsie, and the Kings-Evil: It helpeth to stay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose or Lungs. The juice is found by experience to be singular good to heal green wounds, and to cleanse and heal all old and filthy Ulcers in the Privities, and in other parts of the body; as also inward wounds and Ulcers, stay the malignity of fretting or running Cankers, and hollow Fistulaes, not suffering them to spread further. It is so much commended to help aches and pains, either in the fleshy parts, or in the Nerves and Sinews; as also the Sciatica, or pain of the Hips or Huckle-bone, to bath the places with the Decoction of the Herb, or to anoint them with Ointment made of the Herb bruised and boyled in old Hogs-suet, with some Mastich and Olibanum in Powder added unto it after it is strained forth.

Mouth sore Throat, Swellings and Impostumes, quinsie, and Kings-Evil, Catarrhs, & Defluxions, Green wounds, and ulcers in the privy parts, Running Cankers, and hollow Fistulaes, Aches and pains, Sciatica.

In *Sussex* we call it *Ragweed*.

Rattle-grass.

OF this there are two kinds which I shall speak of, *viz.* The Red and Yellow.

Descript. *The common* Red Rattle *hath sundry reddish hollow stalks, and some times green, rising from the Root, lying for the most part on the ground, some growing more upright, with many small reddish or greenish Leaves set on both sides of a middle Rib finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping hoods; after which come flat blackish seed in small husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish strings with some fibres thereat.*

The common Yellow Rattle *hath seldome above one round green stalk, rising from the Root, about half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a joynt, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end: The Flowers grow at the tops of the stalks with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow colour in most, or in some pale, and*

be some more white. The seed is contained in large husks, and being ripe, will rattle, or make a noise with lying loose in them. The Root is small and slender, perishing every year.

Place. They grow in our Meadows and Woods, generally through this Land.

Time. They are in flower from *Mid-summer* until *August* be past sometimes.

Government and Vertues. They are both of them under the Dominion of the *Moon*. The red *Rattle* is accounted profitable to heal up Fistulaes, and hollow Ulcers, and to stay the Flux of *Fistulaes, and* humors to them, as also the abundance of Womens Cour- *hollow ulcers,* ses, or any other Flux of Blood, being boyled in red Wine *Womens Cour-* and drunk. *ses, Fluxes.*

The yellow *Rattle*, or Cocks-Comb, is held to be good for those that are troubled with a Cough, or dimness of *Cough, Dim* sight, if the Herb being boyled with beans, and some honey *sight.* put thereto, be drunk, or dropped into the Eyes. The whole seed being put into the Eyes, draweth forth any skin, dimness or film from the sight without trouble or pain.

Rest-Harrow, *or* Cammoak.

Descript. *Common Rest-harrow riseth up with divers rough woody twigs, half a yard, or a yard high, set at the joints without order, with little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without thorns while they are young, but afterwards armed in sundry places with short and sharp Thorns. The flowers come forth at the tops of the twigs and branches, whereof is full, fashioned like Pease, or Bloom blossom, but lesser, flatter, and somewhat cloven, of a faint purplish colour: after which come small Pods, containing small, flat, and round seed: The Root is blackish on the out-side, and whitish within, very tough and hard to break when it is fresh and green, and as hard as an horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.*

Place. It groweth in many places of this Land, as well in the arable as waste ground.

Time. It flowreth about the beginning or middle of *July*, and the seed is ripe in *August*.

Government and Vertues. It is under the Dominion of *Mars*. It is singular good to provoke Urine when it is stopped, and to break and drive forth the stone, which the powder of the Bark of the *Urine* Root taken in Wine performeth effectually. *Matthiolus* saith, *stopped,* The same helpeth the Disease called *Hernia Carnosa*, the fleshy *Stone,* Rupture, by taking the said powder for some moneths together *Fleshy* constantly, & that it hath cured some which seemed incurable *Rupture,* by any other means than by cutting or burning. The Decoc- *Toothach,* tion hereof made with some Vinegar, and gargled in the Mouth, *Ulcer in* easeth

Spleen obstructed, Ulcers.

easeth the Tooth-ach, especially when it comes of Rheum; and the said Decoction is very powerful to open obstructions of the Liver and Spleen, and other parts. A distilled Water made in *Balneo Mariæ* with four pound of the Root hereof first sliced small, and afterwards steeped in a gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the Urine. The Powder of the said Root made into an Electuary or Lozenges with Sugar; as also the Bark of the fresh Roots boyled tender, and afterwards beaten into a Conserve with Sugar, worketh the like effect. The powder of the Root strewed upon the brinks of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

Rocket.

IN regard the Garden Rocket is rather used as a Salad Herb than to any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The Description whereof, take as followeth;

Descript. The common wild Rocket hath longer and narrower Leaves, much more divided into slender cuts and jags on both sides of the middle Rib than the Garden kinds have, of a sad over-worn green colour, from among which riseth up divers stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them made of four Leaves apiece, as the others are, which afterwards yield them small reddish seed, in small long pods, of a more bitter and hot biting taste than the Garden kinds, as the Leaves are also.

Place. It is found wild in divers places of this Land.

Time. It flowreth about *June* and *July*, and the seed is ripe in *August*.

Government and Vertues. The wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the Head, causing ach and pain therein: and are no less hurtful to hot and cholerick persons, for fear of inflaming their blood, and therefore for such we may say, a little doth but little harm, for anery *Mars* rules them, and he sometimes will be testy when he meets with fools. The wild Rocket is more strong and effectual to increase sperm and venereous qualities, whereunto all the seed is more effectual than the Garden kinds. It serveth also to help digestion, and provoketh Urine exceedingly. The seed is used to cure the bitings of Serpents, the Scorpion, and the Shrew-Mouse, and other poysons, and expelleth Worms, and other noysome Creatures that Breed in the Body. The Herb boyled or stewed, and some sugar put thereto, helpeth the Cough in Children, being taken often. The seed also taken in drink, taketh away the ill scent of the Arm-pits, encreaseth Milk in Nurses, and wasteth the spleen. The seed mixed with hor-

Increase sperm and venery, helps digestion, provokes urine, Biting of Serpents, &c. Cough in Children, encreaseth Milk, cleanseth the face, scars,

and used on the Face, cleanseth the Skin from Spots, Mor- Marks of
phew, and other discolourings therein; and used with Vinegar, small Pox.
taketh away freckles and redness in the Face or other parts, and
with the gall of an Ox, it amendeth foul Scars, black and blew spots, and
the marks of the small Pox.

Winter Rocket, or Cresses.

Descript. WInter Rocket, or Winter Cresses, have divers somewhat large, sad green Leaves lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket or Turnip-leaves, with smaller pieces next the bottom, and broad at the ends, which so abide all winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers small round stalks full of branches, bearing many small yellow flowers of four Leaves apiece, after which come small pods with reddish seeds in them. The Root is somewhat stringy, and perisheth every year after the seed is ripe.

Place. It groweth of its own accord in Gardens and Fields by the wayside in divers places, and particularly in the next Pasture to the Conduit-head behind Grayes-Inn that brings Water to Mr. Lambs Conduit in Holborn.

Time. It flowreth in May, and seedeth in June, and then perisheth.

Government and Vertues. This is profitable to provoke Urine, and helpeth the Strangury, and to expel Gravel and the Stone. It is also of good effect in the Scurvy. It is found by Experience Strangury, Gravel and Stone, to be a singular good wound-herb, to cleanse inward wounds: the Juice or Decoction being drunk, or outwardly applied wounds, to wash foul Ulcers and Sores, cleansing them by sharpness, ulcers and sores. and hindering or abating the dead flesh from growing therein, and healing them by the drying quality.

Roses.

I Hold it altogether needless to trouble the Reader with a Description of any of these, sith both the Garden Roses, and the Wild Roses of the Bryars are well enough known; take therefore the Vertues of them as followeth: And first I shall begin with the Garden kinds.

Government and Vertues. What a Quarter have Authors made with Roses? What a Racket have they kept? I shall add, red Roses are under Jupiter, Damask under Venus, and white under the Moon, and Provence under the King of France. The White and the Red Roses are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is seldome used inwardly in any Medicine. The bitterness in the Roses when they are fresh, especially the Choler, and Juice, purgeth Choler, and watry Humors: but being watrish Humors, Head. dried, and that heat which caused the bitterness being consumed, they have then a binding and astringent quality: ach, pains in Those also that are not full blown, do both cool and bind the Ears, Eyes

more

Throat and Gums, Fundament, Bowels, and Matrix, St. Anthonies fire, Stomach, Womens Courses, Defluxions, fastneth Teeth, Lask and Spitting of Blood, Heat & Inflammations, Rest & Sleep, Whites, & Reds in Women, Choler & Flegm, Redness & watering in the Eyes.

more than these that are full blown; and the white Roses more than the red. The Decoction of red Roses made with Wine and used, is very good for the Head-ach, and pains in the Eyes, Ears, Throat and Gums, as also for the Fundament, the lower parts of the Belly, & the Matrix, being bathed, or put into them. The same Decoction with the Roses remaining in it, is profitably applyed to the Region of the heart to ease the inflammation therein; as also St. Anthonies fire, and other Diseases of the Stomach. Being dried and beaten to powder, and taken into sheeled wine or water, it helpeth to stay womens Courses. The yellow thrids in the middle of the red Roses (which are erroneously called the Rose-seed) being powdered, and drunk in the distilled Water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed & gargled therewith, and some Vinegar of Squils added thereto. The heads with the seed being used in powder, or in a Decoction, stayeth the Lask & spitting of blood. Red Roses do strengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the pains that arise from heat, asswage Inflammations, procure rest and sleep, stay both Whites and Reds in Women, the Gonorrhea or running of the Reins, and the fluxes of the Belly: the Juice of them doth purge and cleanse the body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling, and the distilled Water of either of them, is good for the heat and redness in the Eyes, and to stay and dry up the Rheums and watering of them. Of the red Roses are usually made many Compositions, all serving to sundry good uses, viz. Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses, and Honey of Roses. The Cordial powder called *Diarrhodon Abbatis*, and *Aromatum Rosarum*. The distilled Water of Roses, Vinegar of Roses, Ointment and Oyle of Roses, and the Rose-Leaves dried, which although no Composition: yet of very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume of it self to speak fully of them. But briefly, the Electuary is purging, whereof two or three drams taken by it self in some convenient Liquor, is a Purge sufficient for a weak Constitution; but may be encreased to six drams, according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Feavers, and pains of the Head arising from hot Cholerick Humors, and heat in the Eyes, the Jaundice also, and Joynt-aches proceeding of hot Humors. The moist Conserve is of much use, both binding and Cordial; for until it be about two years old, it is more bind-

A Purge for Choler, hot Feavers, pains of the Head, Heat in the Eyes, Jaundice, & Joynt-aches.

binding than cordial, and after that, more cordial than binding. Some of the younger Conserve taken with *Methridatum* mixed together, is good for those that are troubled with Distillations of Rheum from the Brain to the Nose, and Defluxions of Rheum into the Eyes; as also for Fluxes & Lasks of the Belly: and being mixed with the powder of mastich, is very good for the running of the Reins, and for the loosness of Humors in the Body. The old Conserve mixed with *Aromaticum rosatum*, is a very good Cordial against Faintings, Swoonings, Weakness, and tremblings of the Heart, strengthening both it and a weak Stomach, helpeth Digestion, stayeth Casting, & is a very good preservative in the time of Infection. The dry Conserve which is called Sugar of Roses, is a very good Cordial to strengthen the Heart and Spirits; as also to stay Defluxions. The Syrup of dried red Roses strengtheneth a Stomach given to Casting, cooleth an over-heated Liver, & the blood in Agues, comforteth the Heart, and resisteth putrifaction and infection, and helpeth to stay Lasks & Fluxes. Honey of Roses is much used in Gargles and Lotions to wash Sores, either in the Mouth, Throat, or other parts, both to cleanse and heal them, & to stay the Fluxes of Humors falling upon them. It is also used in Clysters both to Cool and cleanse. The Cordial powders called *Diarrhodon Abbatis* & *Aromatica Rosarum*, do comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stay Vomiting; and are very good for those that have slippery Bowels to strengthen them, and to dry up their moisture. Red Rose-water is of well known, and familiar use in all occasions (and better than Damask Rose-water) being cooling and cordial, refreshing, quickning the weak and faint Spirits, used either in meats or broths, to wash the Temples, to smell to at the Nose, or to smell the sweet vapors thereof out of a perfuming-pot, or cast into a hot Fire-shovel. It is also of much good use against the redness and inflammations of the Eyes to bath them therewith, & the temples of the Head, also against pain and ach, for which purpose also Vinegar of Roses is of much good use, and to procure rest and sleep, if some thereof and Rose-water together be used to smell unto, or the Nose and Temples moistned therewith, but more usually to moisten a piece of a Red Rose-cake cut fit for the purpose, and heated between a double folded Cloath, with a little beaten Nutmeg, and Poppy-seed strewed on the side that must lie next to the Forehead and Temples, and bound so thereto for all night. The Ointment of Roses is much used against heat and Inflammations in the Head, to anoint the Forehead & Temples, and being mixed with *unguentum Populeon*, to procure rest; as also it is used for the heat of the Liver, of the Back

Distillations and Defluxions of Rheum, Fluxes and Lasks, Running of the Reins, Faintings, Swoonings and Trembling of the Heart, helpeth Digestion, stayeth Casting, Infection, cooleth the Liver and Blood, resisteth Putrifaction, and Infection, sore Mouths, Throats, &c. Comfort the Heart and Stomach, stay Vomiting, faint Spirits, Redness of Eyes.

Procure sleep.

Heat of the Liver, Back and Reins, Pushes, Wheal and Pim-

and

ples, Fluxes of Humors. and Reins, and to cool and heal Pushes, Wheals, and other red Pimples rising in the Face or other parts. Of Roses is not only used by it self to cool any hot Swelling or Inflammations, and to bind and stay Fluxes of Humors unto Sores, but also put into Ointments and Plaisters that are cooling and binding, restraining the Flux of Humors. The dried Leaves of the Red Roses used both inwardly and outwardly, both cooling, binding, and Cordial, with them are made both *Aromaticum Rosarum*, *Diarrhodon*

Weak Stomach, Abbatis, and *Saccharum Rosarum*, each of whose Properties are before declared. Rose-Leaves and Mints heated applied outwardly to the Stomach, stay castings, and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose-Cake (as is said before) to quiet the over-hot spirits, and cause rest and sleep. The Syrup of Damask-Roses is both

Purgeth Choler. Simple and Compound, and made with Agarick. The Simple solutive syrup, is a familiar, safe, gentle, and easie Medicine, purging Choler, taken from one ounce to three or

Bind the Belly. four; yet this is remarkable herein, that the Distilled Water of this syrup should notably bind the Belly; The syrup

Melancholick humors, Leprosie, Itch, Tetters, French-Pox. with Agarick is more strong and effectual; for one ounce thereof by it self will open the Body more than the other, and worketh as much on Flegm as Choler. The Compound syrup is more forcible in working on Melancholick humors, & available against the Leprosie, Itch, Tetters, &c. and the French Disease: Also honey of Roses Solutive is made of the same Infusions that the syrup is made of, and therefore worketh the same effect both opening and purging, but is oftener given to Flegmatick than Cholerick persons, and is more used in Clisters

Open the Belly. than in Potions as the Syrup made with Sugar is. The Conserve and preserved Leaves of these Roses are also operative, in gently opening the Belly.

The simple water of the Damask Roses is chiefly used for fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality, the wild Roses also are few or none of them used in Physick, but yet are generally held to come neer the Nature of the manured Roses. The Fruit of the *Wild Brier*, which are called *Hops*, being

Bind the Belly, and stay Defluxions, Whites in Women, Stone, provokes throughly ripe, and made into a Conserve with Sugar, besides the pleasantness of the taste, doth gently bind the belly, and stay Defluxions from the Head upon the Stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Hops dried into a hard Consistence, like to the Juice of Liquorice, or so dried that it may be made into powder & taken in drink, stayeth speedily the Whites in Women. The Briar ball is often also being made into Powder and drunk to break the Stone, to pro-

Urine when it is stopped, and to ease and help the Cholick, appoint it to be be burnt, and then taken for the same purpose. In the middle of the Balls are often found certain white Worms, which being dried and made into Powder, and some of drunk, is found by Experience of many, to kill and drive forth the Worms the Belly.

Urine, Cholick, Worms.

Rosa Solis, *or* Sun-dew.

Descript.] *IT hath divers small, round, hollow Leaves, somewhat greenish, but full of certain red hairs, which make them seem red, every one standing upon his own footstalks, reddish, hairy likewise. The Leaves are continually moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain slimin ss that will rope (as we say) the small hairs always holding this moisture. Among these Leaves rise up small slender stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the Flowers; after which, in the Heads are contained small seeds. The Root is a few small hairs.*

Place. It groweth usually in Bogs and in wet places, and sometimes in moist Woods.

Time. It flowreth in *June*, and then the Leaves are fittest to be gathered.

Government and Vertues. The *Sun* rules it, and 'tis under the Sign *Cancer*. *Rosa Solis* is accounted good to help those that have a salt Rhewm distilling on the Lungs, which breedeth a Consumption, and therefore the distilled Water thereof in Wine, is held fit and profitable for such to drink, which Water will be of a Gold yellow colour. The same Water is held to be good for all other Diseases of the Lungs, as Phtisicks, Wheesings, shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs, and it comforteth the Heart and fainting Spirits. The Leaves outwardly applied to the skin, will raise Blisters, which hath caused some to think it dangerous to be taken inward: but there are other things which will also raise Blisters, yet nothing dangerous to be taken inwardly. There is an usual Drink made thereof with *Aqua Vitæ* and Spices frequently, and without any offence or danger, but to good purpose used in qualms and passions of the Heart.

Distillations of Rhewm, Phtisick, Wheesings, Shortness of Breath, Cough, Ulcers in the Lungs, comfort the Heart, raise Blisters, Passions of the Heart.

Rosemary.

OUr Garden Rosemary is so well known, that I need not describe it.

Time. It flowreth in *April* and *May* with us, and sometimes again in *August*.

Government and Vertues. The *Sun* claims priviledg in it, and 'tis under the Cœlestial *Ram*. It is an Herb of as great use with us in these dayes, any whatsoever, not only for Physical, but Civil purposes. The Physical

use of it (being ward Diseases: all cold Diseases

Cold Diseases, Rheums, Swimming of the Head, Drowsiness, Stupidity, dumb Palsie, Lethargie and Falling-sickness, Tooth-ach, stinking Breath, weak Memory, Stomach, Retention of Meat, Wind, Liver-grown, Dim Sight, Yellow Jaundice, Pestilence, Whites in Women, Cough, Phtisick, or Consumption, benumb'd Joynts, Spots and Scars, in the Skin.

my present Task) is very much both for inward and ... for by the warming and comforting heat thereof, it help... both of the Head, Stomach, Liver and Belly. The ... coction thereof in Wine, helpeth the cold Distillations ... Rheum into the Eyes, and all other cold Diseases of ... Head and Brain, as the Giddiness or Swimming there... Drowsiness or Dulness of the Mind and Senses, like a ... pidness, the dumb Palsie, or loss of Speech, the Letha... and Falling-sickness, to be both drunk, and the Tem... bathed therewith. It helpeth the pains in the Gums ... Teeth, by Rheum falling into them, or by putrifacti... causing an evil smell from them, or a stinking breath. ... helpeth a weak Memory, and quickneth the Senses. ... very comfortable to the stomach in all the cold griefs th... of, helping both retention of meat, and digestion, the ... coction of powder being taken in Wine. It is a Remed... for the windiness in the stomach or Bowels, and expell... it powerfully, as also wind in the Spleen. It helpeth th... that are Liver-grown, by opening the obstructions ther... of. It helpeth dim Eyes, and procureth a clear sight, ... flowers thereof being taken all the while it is flowring, ... very morning fasting with bread and salt. Both *Dioscor...* and *Galen* say, That if a Decoction be made thereof w... water, and they that have the yellow Jaundice do exerc... their bodies presently after the taking thereof, it will ce... tainly cure them. The flowers and the Conserve made ... them, is singular good to comfort the Heart, and to ex... the contagion of the Pestilence: to burn the Herb in Ho... ses and Chambers, correcteth the Air in them. Both the Flowers and t... Leaves are very profitable for Women that are troubled with the Whites, ... they be daily taken. The dried Leaves shred small, and taken in a Pipe l... as Tobacco is taken, helpeth those that have any Cough or Phtisick, or Co... sumption, by warming and drying the thin Distillations which cause th... Diseases. The Leaves are much used in bathings, and made into Oyntme... or Oyls, is singular good to help cold benummed Joynts, Sinews or Me... bers. The Chymical Oyl drawn from the leaves and flowers, is a soverai... help for all Diseases aforesaid; to touch the Temples and Nostrils with ... or three drops, for all the Diseases of the Head and Brain spoken of before ... as also to take a drop, two or three, as the cause requireth, for the inwa... Griefs: yet must it be done with discretion: for it is very quick and pie... cing, and therefore but a very little must be taken at a time. There is al... another Oyl made by Insolation, in this manner: Take what quantity y... will of the Flowers, and put them into a strong Glass close stopped, ty... fine linnen Cloth over the Mouth, and turn the mouth down into an... strong Glass, which being set in the Sun, an Oyl will distil down into t... lower Glass; to be preserved as precious for divers uses, both inward and ...

ward as a soveraign Balm to heal the Diseases before mentioned; to clear the sight, and take away Spots, Marks, and Scars in the Skin.

Rhubarb, *or* Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English Simples? For though the Name may speak it Forraign, yet it grows with us in *England*, and that frequent enough in our Gardens; and when you have throughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of *China*; and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by the fame of this: take therefore a Description at large of it, as followeth.

Description.] At the first appearing out of the Ground, when the winter is past, it hath a great round brownish Head, rising from the middle or sides of the Root, which openeth it self into sundry Leaves one after another, very much crumpled or folded together at the first, and brownish: but afterwards it spreadeth it self, and becometh smooth, very large, and almost round, every one standing on a brownish stalk of the thickness of a mans thumb, when they are grown to their fulness, and most of them a foot & more in length; especially when they grow in any moist or good ground: And the stalk of the leaf also from the bottom therof to the leaf it self, being also two foot: the breadth thereof from edg to edg in the broadest place, being also two foot; of a sad or dark green colour, of a fine tart or sourish tast, much more pleasant than the Garden or Wood-sorrel. From among these riseth up some but not every year, strong thick stalks, not growing so high as the Patience, or Garden Dock, with such round Leaves as grow below, but smaller at every joynt up to the top, and among the flowers which are white spreading forth into many branches, and consisting of five or six small white, Leaves apiece; kindly to be discerned from the white thrids in the middle, and seeming to be all thrids, after which come brownish three square seed, like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root groweth in time to be very great with divers and sundry great spreading branches from it, of a dark brownish or reddish colour on the outside, with a pale yellow skin under it, which covereth the inner substance or Root, which rind and skin being pared away, the Root appeareth of so fresh and lively a colour, with fresh coloured Veins running through it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot exceed it: which Root, if it be dryed carefully, and as it ought (which must be in our Country by the gentle heat of a fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of and commended by those who have often times used them.

Place. It groweth in Gardens, and flowreth about the beginning or middle of *June*, and the Seed is ripe in *July*.

Time. The Roots that are to be dried and kept all the year following

are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not until the middle or end of *October*, and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the Roots will not have half ſo good a colour in them.

I have given this precedence unto this, becauſe in Vertues alſo it hath the preheminence; I come now to deſcribe unto you that which is called *Patience*, or *Monks Rhubarb*, and next unto that, the great round leav'd Dock, or *Baſtard Rhubarb*: for the one of theſe may happily ſupply in the abſence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And laſtly, I ſhall ſhew you the Vertues of all the three ſorts.

Garden Patience, or Monks Rhubarb,

Deſcript. *THis is a Dock bearing the name of Rhubarb, for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green Leaves, not dented at all. The tops of the ſtalks being divided into many ſmall branches, bear reddiſh or purpliſh Flowers, and three ſquare ſeed like unto other Docks. The Root is long, great, and yellow, like unto the wild Docks, but a little redder, and if it be a little dried, ſhewth leſs ſtore of diſcoloured veins, than the next doth when it is dry.*

Great round leav'd Dock, or Baſtard Rhubarb.

Deſcript.] *THis hath divers large, round, thin, yellowiſh green Leaves riſing from the Root, a little waved about the edges, every one ſtanding on a reaſonable thick, and long brownish footſtalk: from among which ariſeth up a pretty big ſtalk, about two foot high, with ſome ſuch like Leaves growing thereon, but ſmaller. At the top whereof ſtand ſeveral long ſpike many ſmall brownish flowers which turn into hard three-ſquare ſhining brown ſeed, like the Garden Patience before deſcribed. The Root groweth very near that, with many branches of great fibres thereat, yellow on the out ſide, and ſomewhat pale yellow within, with ſome diſcoloured veins like to the Rhubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.*

Place and Time. Theſe alſo grow in Gardens, and flower and ſeed at or near the ſame time that our true Rhubarb doth, viz. they flower in *June*, and the ſeed is ripe in *July*.

Government and Vertues. *Mars* claims predominancy over all theſe wholſome Herbs: you cry out upon him for an Infortune, when God created him for your good (only he is angry with Fools) What diſhonor is this not to *Mars*, but to God himſelf? A dram of the dried Root of Monks Rhubarb with a ſcruple of Ginger made into Powder, and taken faſting in a draught or meſs of warm Broth, purgeth Choler and Flegm downwards very gently and ſafely without danger. The ſeed thereof contrarily doth bind the Belly,

Purge Choler and Flegm, ſtay Lasks & Bloody-

belly, and helpeth to stay any sort of Lask or Bloody flux. The distilled Water thereof is very profitably used to heal Scabs, as also foul Ulcerous sores, and to allay the inflammation of them; The Juyce of the Leaves or Roots, or the Decoction of them in Vinegar, is used as a most effectual Remedy to heal scabs and running sores.

dy flux, scabs and ulcerous sores, running sores.

The Bastard Rhubarb hath all the properties of the Monks Rhubarb, but more effectual for both inward and outward Diseases. The Decoction thereof with Vinegar dropped into the Ears, taketh away the pains; gargled in the moth, taketh away the Tooth-ach, and being drunk, healeth the Jaundice. The seed thereof taken, easeth the gnawing and griping pains of the stomach, and taketh away the loathing thereof unto meat. The Root thereof helpeth the ruggedness of the Nails, and being boyled in Wine, helpeth the swelling of the Throat, commonly called the Kings Evil, as also the swellings of the Kernels of the Ears. It helpeth them that are troubled with the Stone, provoketh Urine, and helpeth the dimness of the sight. The Roots of this Bastard Rhubarb are used used in opening and purging Diet Drinks with other things to open the Liver, and to cleanse and cool the blood.

Pains of the Ears, Toothach Jaundice, Pains of the Stomach, and loathing of meat, Kings Evil, Stone, Urine, Dim sight, Liver and blood.

The properties of that which is called the English Rhubarb, are the same with the former, but much more effectual, and hath all the properties of the true Indian Rhubarb, except the force in purging, wherein it is but of half the strength thereof and thereof a double quantity must be used; it likewise hath not that bitterness and astriction; in other things it worketh almost in an equal quality, which are these; It purgeth the Body of Choler and Flegm, being either taken of it self, made into powder and drunk in a draught of White Wine, or steeped therein all night, and taken fasting, or put among other Purges, as shall be thought convenient, clensing the Stomach, Liver, and Blood, opening Obstructions, and helping those griefs that come thereof; as the Jaundice, Dropsie, Swelling of the Spleen, Tertian and Day Agues, and pricking pains of the sides, and also it stayeth spitting of Blood. The Powder taken with *Cassia* dissolved, and a little washed *Venice Turpentine*, cleanseth the Reins, and strengtheneth them afterwards, and is very effectual to stay the Running of the Reins or Gonorrhea. It is also given for the pains and swellings in the Head, for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout and the cramp. The Powder of Rhubarb taken with a little *Mummy*, and *Madder* Roots in some red Wine, dissolveth clotted blood in the Body, happningby a fall or bruise, and healeth burstings and broken parts as

Choler, and Flegm, Obstructions, Jaundice, Dropsie, Spleen, Agues, Pains of the Sides and Spitting of Blood, Running of the Reins, Swelling in the Head, Sciatica, Gout, Cramp, Clotted Blood, ulcers in the Eyes, or Eye-lids, Swelling and Inflammations, black and blew spots, purge the Liver and Stomach.

well inward as outward: The Oyl likewiſe wherein it hath been boyl worketh the like effect, &c. being anointed. It is uſed to heal thoſe Ulcers r happen in the Eyes and Eye-lids, being ſteeped and ſtrained; as alſo to a wage the ſwellings and inflammations; and applied with Honey, or boy in Wine; it taketh away all black and blew ſpots or marks that happen the in; Whey, or White Wine, are the beſt Liquors to ſteep it in, and thereby worketh more effectually in opening obſtructions, and purging the Stoma and Liver. Many do uſe a little Indian Spicknard as the beſt Correct thereof.

Meadow Rue.

Deſcript.] MEadow Rue *riſeth up with a yellow ſtringy Root, much ſp ding in the ground, ſhooting forth new ſprouts round abo with many Herby green Stalks two foot high, creſted all the length of them, ſ with joynts here and there, and many large Leaves on them above as well a belo being divided into ſmaller Leaves, nicked or dented in the fore part of them of ſad green colour on the upper ſide, and pale green underneath: Toward the top the Stalk there ſhooteth forth divers ſhort branches; on every one whereof ſtand two, three, or four ſmall round Heads or Buttons, which breaking, th skin that incloſeth them ſheweth forth a tuft of pale greeniſh yellow thrids which falling away, there comes in their places ſmall three cornered Cods, wher in is contained ſmall, long, and round ſeed. The whole Plant hath a ſtrong u pleaſant ſcent.*

Place. It groweth in many places of this Land, in the borders of moiſt Meadows, and by Ditch ſides.

Time] It flowreth about *July* or the beginning of *Auguſt*.

Government and Vertues.] *Diſcorides* ſaith, That this Herb bruiſed and applied, perfectly healeth old ſores, and the Diſtilled Water of the Herb and Flowers doth the like. It is uſed by ſome among o ther Pot-herbs, to open the Body and make it ſoluble, but th Roots waſhed clean, and boyled in Ale and drank, provoketh t the ſtool more than the Leaves, but yet very gently. The Roo boyled in Water, and the places of the Body moſt troubled wit Vermine or Lice waſhed therewith while it is warm, deſtroyeth them utterly. In *Italy* it is uſed againſt the Plague, and in *Saxony* againſt the Jaundice, as *Camerarius* ſaith.

Old ſores
Open the Body,
Lice and Vermine,
Plague,
Jaundice.

Garden Rue.

GArden Rue is ſo well known both by this name, and the name *Herb of Grace*, that I ſhall not need to write any further Deſcription of it: but ſhall oneiy ſhew you the Vertue of it as followeth:

Government and Vertues.] It is an Herb of the *Sun*, and under *Leo*. It provoketh Urin and Womens Courſes, being taken either in Meat or Drink. The ſeed thereof taken in Wine, is an Anti dote againſt all dangerous Medicines or deadly Poyſons. The Leaves taken either by themſelves, or with Figs and Walnuts,

Urin, Womens Courſes.

lled *Mithridates* his Counter-poyson against the Plague, *Poysons,*
d causeth all Venomous things to become harmless: Being *Plague,*
en taken in meat or drink it abateth Venery, and destroyeth *Abate*
e ability to beget Children. A Decoction made thereof with *Venery,*
e dried Dill Leaves and Flowers, easeth all pains and tor- *Pains of*
ics inwardly to be drunk, and outwardly to be applied warm *the Chest*
the place grieved. The same being drunk, helpeth the pains *and Sides,*
n of the Chest and sides, as also Coughs, and hardness of *Cough,*
eathing, the Inflammations of the Lungs, and the tormenting *Head,*
ins of the Sciatica, and the Joynts, being anointed or laid to *Breathing,*
e places, as also the shaking fits of Agues, to take a draught *Sciatica,*
fore the fit come: Being boyled or infused in Oyl, it is good *and Joynt-*
help the Wind Cholick, the hardness or windiness of the Mo- *aches,*
ber, and freeth women from the strangling or suffocation there- *Agues,*
of, if the share, and the parts thereabouts be anointed therewith: *Wind-*
killeth & driveth forth the Worms of the Belly, if it be drunk *Cholick,*
fter it is boyled in Wine to the half with a little Honey: It *Mother,*
lpeth the Gout or pains in the Joynts or Hands, Feet or *Worms,*
ets, applied thereunto: and with Figs it helpeth the Dropsie *Gout,*
ing bathed therewith: being bruised and put into the No- *Dropsie,*
ils, it stayeth the bleeding thereof, it helpeth the swelling of *Bleeding,*
e Cods if they be bathed with a Decoction of Rue and Bay *Swelling of*
ves. It taketh away wheals & Pimples if being bruised with *the Cods,*
few Mirtle Leaves, if it be made up with Wax and applied: It *Wheals and*
eeth the Morphew, and taketh away all sorts of Warts, if boiled *Pimples,*
Wine: with some Pepper and Nitre, and the places rubbed *Morphew,*
erewith: and with Allum and Honey, helpeth the dry scab or *and Warts,*
y Tetter or Ring-worm: The Juyce thereof warmed in a *Scab, Tet-*
megranate Shel or Rind, and dropped into the Ears, helpeth *ter, and*
e pains of them. The Juyce of it and Fennel with a little Ho- *Ringworm,*
ey, and the Gall of a Cock put thereto, helpeth the dimness of *Pains of*
e Eye-sight. An Ointment made of the Juyce thereof, with *the Ears.*
Oyl of Roses, Ceruss, and a little Vinegar, and anointed, cureth *Dim-sight,*
Anthonies [illegible], and all foul running sores in the Head; and *St. Anthonies*
e stinking ulcers of the Nose or other parts. The Antidote *fire,*
ed by *Mithridates* every morning fasting to secure himself *Running*
om any Poyson or Infection, was this: Take twenty Leaves *sores of*
Rew, a little Salt, a couple of Walnuts, and a couple of Figs *the Head,*
beaten together into a Mass with twenty Juniper Berries, which *ulcers of*
is the quantity appointed for every day. Another Electuary is *the Nose,*
made thus: Take of Nitre, Pepper, and Cummin seed, of each *Antidote,*
equal parts; of the Leaves of Rew clean picked, as much in *Pains of*
weight as all the other three weighed; beat them well together, *the Chest,*
and put to as much Honey as will make it up into an Electuary; *Stomach,*
but you must first keep your Cummin seed in Vinegar twen- *Spleen,*
ty four hours, and then dry it, or rather roast it in a hot Fire- *Belly,*

shovel, or in an Oven) and it is a Remedy for the pains or griefs of the Cl... or Stomach; of the Spleen, Belly, or Sides, by Wind or S...

Obstructions. ches; of the Liver by Obstructions of the Reins and Blad... by the stopping of Urine, and helpeth also to extenuate corpulent Bodies. What an Infamy is cast upon the ashes of *Mithridates* (*Methridates*, as the *Augustans* read his Name) by unworthy people; t... that deserve no good report themselves, love to give none to others, v. z. T... renowned King of *Pontus* fortified his Body by poyson against poyson, (... *cast out Devils by Belzebub the Prince of Devils*) What a Sot is he that kn... not if he had accustomed his body to cold poysons, hot poysons would ha... dispatch'd him? On the contrary, if not, Corrosions would have done ... the whole World is at this very time beholding to him for his studies ... Physick, and he that useth the quantity of but a Hazel-nut of that Rec... every morning, to which his Name is adjoyned, shall to admiration prese... his body in health, if he do but consider that Rew is an Herb of the Su... and under *Leo*, and gather it and the rest accordingly.

Rupture-wort.

Descript. THis spreadeth very many thridey branches round about upon the ground, about a span long, divided into many other smaller parts, full of small joynts set very thick together, whereat come forth two very small Leaves of a French yellow, green colour branches and all, where groweth forth also a number of exceeding small yellowish Flowers, scarce to be discerned from the stalks and Leaves, which turn into seeds as small as the very dust. The Root is very long and small, thrusting down deep into the ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat, yet a little bitter and sharp withal.

Place. It groweth in dry, sandy, and rocky places.

Time. It is fresh and green all the Summer.

Government and Vertues. They say *Saturn* causeth Ruptures: if he ... he doth no more than he can cure; if you want Wit, he will teach you ... though to your cost: this Herb is *Saturns* own, and is a notable Antivenerian. *Rupture-wort* hath not his name in vain: for it is found

Rupture. by Experience to cure the Rupture, not only in Children, but also in elder persons, if the Disease be not too inveterate, by taking a dram of the Powder of the dried Herb every day in Wine for certain dayes together. Or the Decoction made in Wine, and drunk. Or the Juyce or distilled Water of the green Herb

Fluxes. taken in the same manner; and helpeth all other Fluxes either of Man or Woman; Vomitings also, and the *Gonorrhœa* or

Running of the Reins. running of the Reins, being taken any of the wayes aforesaid.

Strangury. It doth also most assuredly help those that have the Strangury,

Stone or Gravel. or have their Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder: The same also much helpeth

Stitches. all Stitches, in the side, all griping pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the yellow Jaun-

T. ll. Jaund. dice

ce; likewise it killeth also the Worms in Children: being outwardly applied it conglutinateth Wounds notably, and helpeth much to stay Defluxions of Rhewm from the Head to the Eyes, Nose, and Teeth, being bruised green and bound thereto: Or the Decoction of the dried Herb, to bath the Forehead and Temples, or the Nape of the Neck behind: It also dryeth up the moisture of Fistulous Ulcers or any others that are foul and spreading.

Worms, Wounds, Defluxions, Foul ulcers.

Rushes.

ALthough there are many kinds of *Rushes*, yet I shall onely here insist upon those which are best known, and most Medicinal. as the Bulrushes, and other of the soft and smooth kinds; which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needless to trouble you with any description of them: Briefly then take the vertues of them as foloweth:

Government and Vertues.] The seed of these soft Rushes saith *Dioscorides* and *Galen*, toasted (saith *Pliny*) being drunk in Wine and Water, stayeth the Lask and Womens Courses, when they come down too abundantly: but it causeth Headach: It provoketh sleep likewise, but must be given with caution, lest the Party that takes it wake not untill the Resurrection: *Pliny* saith, The Root boyled in water to the consumption of one third helpeth the Cough.

Thus you see that conveniences have their inconveniences, and Vertue is seldom unaccompaned with some Vices. What I have written concerning Rushes, is to satisfie my Countrymens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken; There are Remedies enough without them for any Disease, and therefore as the Proverb is, I care not a Rush for them; or rather they will do you as much good as if one had given you a Rush.

Rye.

THis is so well known in all the Countries of this Land, and especially to the Country People who feed much thereon, that if I should describe it, they would presently say, I might well have spared that Labour. Its Vertues follow:

Government and Vertues. Rye is more digesting than Wheat: The Bread and the Leaven thereof ripeneth and breaketh Impostumes, Boyls, and other Swellings: The Meal of Rye put between a double cloth, and moistened with a little Vinegar, and heated in a Pewter dish, set over a chafing-dish of coals, and bound fast to the Head while it is hot, doth much ease the continual pains of the Head. *Matthiolus* saith, That the ashes of Rye straw put into water, and suffered therein a day and a night, and the Chaps of the Hands or Feet washed therewith, doth heal them.

Impostumes, Boyls and swelling pains of the Head, Chaps of the Hands or Feet.

SAF-

Saffron.

THe Herb needs no Description, it being known generally where it growes.

Place. It growes frequently at *Walden* in *Essex*, and in *Cambridge-shire*.

Government and Vertues. It is an Herb of the *Sun*, and under the *Lion*, therefore you need not demand a reason why it strengthens the Heart so exceedingly. Let not above two grains be given at one time: for if the Sun which is the fountain of life, may dazle the Eyes, and make them blind, a Cordial being taken in an immoderate quantity, may hurt the Heart instead of helping it. It quickneth the Brain, for the Sun is exalted in *Aries*, as well as he hath his House in *Leo*; it helps Consumption of the Lungs, helps difficulty of breathing. It is an excellent thing in Epidemical Diseases, as Pestilence, Small Pox and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow Jaundice. My Opinion is (but I have no Author for it) That Hermodactils are nothing else but the Roots of Saffron dried; and my reason is, that the Roots of Crocus both white and yellow, purge Flegm as Hermodactils do; and if you please to dry the Roots of any Crocus, neither your Eyes nor your taste shall distinguish them from Hermodactils.

Heart strengtheneth, Brain, Consumption of the Lungs, Pestilence, Small Pox, Measles, Yellow Jaundice, Flegm purgeth.

Sage.

OUr ordinary Garden Sage needeth no Description.

Time. It flowreth in or about *July*.

Government and Vertues. *Jupiter* claims this, and bid me tell you it is good for the Liver, and to breed good blood. A Decoction of the Leaves and Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urine, bringeth down Womens Courses, helpeth to expel the dead Child, and causeth the Hairs to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* saith, That if Women that cannot conceive by reason of the moist slipperiness of their wombs, shall take a quantity of the Juyce of Sage with a little Salt for four dayes before they company with their Husbands, it will help them not onely to conceive, but also to retain the Birth without miscarrying. *Orpheus* saith, Three spoonfuls of the Juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of blood of them that are in a Consumption: these Pills are much commended. Take of Spickoard, Ginger, of each two drams; of the Seed of Sage toasted at the fire three drams, of long Pepper twelve drams: all these being bro-

Provoke Urine, womens Courses, expel the dead Child, and Afterbirth, stanch Bleeding, cleanse ulcers, and Sores, Itching of the Cod, help Conception, and hinder Miscarriage, Spitting blood, Consumption, Pains of the Head & Joynts, Falling-sickness,

ine fine Powder, put thereto so much Juice of Sage as may make them into a Mass for Pills; taking a dram of them every morning fasting, and so likewise at night, drinking a little pure Water after them. *Mathiolus* saith, it is very profitable for all manner of pains of the Head coming of Cold and Rhewmatick Humors, as also for all pains of the Joynts, whether inwardly or outwardly, and therefore helpeth the Faling-sickness, the Lethargy, such as are dull and heavy of spirit, the Palsey, is of much use in all Defluxions of Rhewm from the Head, and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles stamped together, and laid upon the Impostume that riseth behind the Ears, doth assuage it much: The Juyce of Sage drunk in warm Water, helpeth a Hoarsness and the Cough. The Leaves sodden in wine, and laid upon the place affected with the Palsey, helpeth much, if the decoction be drunk. Sage taken with Wormwood is good for the Bloody Flux: *Pliny* saith, it procureth Womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in sores. Sage is of excellent use to help the Memory, warming and quickning the senses, and the Confe made of the Flowers, is used to the same purpose, and also for all the other recited Diseases. The Juyce of Sage drunk with Vinegar hath been good use in time of the Plague at all times. Gargles likewise are made of Sage, Rosemary, Honey-succles, and Plantane boyled in Wine or Water, with some honey or Allom put thereto to wash sore Mouths & Throats, Ulcers, or the secret parts of Man or Woman as need requireth. And with other hot and comfortable Herbs. Sage is boyled to bath the Body and Legs in Summer time, especially to warm cold joints or sinews troubled with the Palsie or Cramp, and to comfort or strengthen the parts. It is much commended against the stitch or pains in the side coming of wind, if the side be fomented warm with the Decoction thereof in Wine, and the Herb after boyling, be laid warm also thereunto.

Lethargy, Dulness of spirit, Palsie, Defluxions of Rhewm, Impostume behind the Ears, Hoarseness and Cough, Bloody Flux, biting of Serpents, Worms in the Ears, or sores, Quickens the senses, and help Memory, sore Mouths and Throats, Canker, Palsie, Cramp, stitch in the side.

Wood Sage.

Description. WOod-Sage riseth up with square hoary stalks two foot high at the least, with two Leaves set at every Joynt, somewhat like other Sage Leaves, but smaller, softer, whiter, and rounder, and more dented about the edges, and smelling somewhat stronger: At the tops of the stalks and Branches stand the Flowers on a slender long spike turning, which grows all one way when they blow, and are of a pale and whitish colour rather than Sage, but hooded and gaping like unto them: The seed is small and round, four usually seen in a husk together: The Root is long and hard, with divers Fibres thereat, and abideth many years.

Place

Place. It groweth in Wood, and by Wood sides, as also in divers and by Lanes in the Land.

Time. It flowreth in *June*, *July*, and *August*.

Government and Vertues. The Herb is under

Provokes Urine & womens courses, and sweat swellings in the flesh, French pox, vein broken, Bursteſſe, Palſie, ulcers, & sores, green wounds.

The Decoction of Wood-sage provoketh Urine and mens Courses: it also provoketh sweat, digesteth and discusseth Swellings and Nodes in the Flesh, therefore thought to be good against the French Pox. decoction of the green Herb made with Wine is a sure Remedy for those who by falls, bruises, or blows, some Vein to be inwardly broken, to disperse and avoid congealed blood, and to consolidate the Veins: It is good for such as are inwardly or outwardly burſten drink used inwardly, and the Herb applied outwardly: same used in the same manner is found to be a sure Remedy for the Palsie: The Juyce of the Herb, or the Powder thereof dried, is good for moist Ulcers and sores in the Legs or other to dry them, and cause them to heal more speedily: It is no less effe also in green Wounds to be used upon any occasion.

Solomons Seal.

Description. *THe common Solomons Seal riseth up with a round Stalk about half a yard high, bowing or bending down to the ground set with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Convally, or May Lilly, with an eye of blush upon the with some veins therein, and more yellowish underneath. At the foot of Leaf almost from the bottom up to the top of the Stalk come forth small, white and hollow pendulous Flowers, somewhat like the flowers of May but ending in five long points, for the most part two together at the end of Foot-stalk, and sometimes but one, and sometimes also two stalks with flowers at the foot of a leaf, which are without any scent at all, and stand all side of the stalk: after they are past, come in their places small round Berries green at the first, and blackish green tending to blewness when they are ripe wherein lye small, white, hard and flony seed: The Root is of the thickness of ones finger or thumb, white and knobbed in some place, a flat round representing a Seal, whereof it took the name lying along under the crust of the Earth, and not growing downward, but with many fibres at the.*

Place. It is frequent in divers places of this Land, as namely Wood two miles from *Canterbury*, by *Fish-Pool Hill*; as also in a Close belonging to the Parsonage of *Aldebourn* near *Clarendon*, two from *Salisbury*, in *Chesson* Wood, on *Chesson* Hill, between *Newington* *Sittingbourn* in Kent, and in divers other places in *Essex*, and other tries.

Time. It flowreth about *May*: The Root abideth and shooteth anew years.

Government and Vertues. *Saturn* owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward sores to heal and close up the Lips of those that are green, and to dry up and restrain the flux of Humors to those that are old: It is singular good to stay Vomitings & bleedings wheresoever, as also all fluxes in man or Woman, whether the Whites or Reds in Women, or the running of the Reins in Man; also to knit any Joynt, which by weakness useth to be often out of place, or will not stay in long when it is set: also to knit and joyn broken bones in any part of the body, the Roots being bruised and applied to the place; also, it hath been found by late experience, that the Decoction of the Root in Wine, or the bruised Root put in Wine or other Drink, and after a nights infusion strained forth hard and drunk hath holpen both man and beast whose Bones have been broken by any occasion, which is the most assured refuge of help to people of divers Countries of the Land, that they can have: It is no less effectual to help Ruptures and Burstings, the Decoction in wine, or the powder in Broth or Drink being inwardly taken, & outwardly applied to the place: The same is also available for inward or outward bruises, falls or blows both to dispel the congealed Blood, and to take away both the pains and the black & blew marks that abide after the hurt. The same also the distilled water of the whole Plant used to the Face or other part of the skin, cleanseth it from morphew, Freckles, spots, or marks whatsoever, leaving the place, fresh, fair and lovely, for which purpose it is much used by the *Italian* Dames.

Wounds, and sores, Vomiting, and Bleeding, Fluxes, Running of the Reins, knit Joynts and broken bones in Man and beast, Ruptures, Bruises, and falls, black and blew Marks, Beautifie the Face,

Sampire.

Description. *Rock Sampire groweth up with a tender green stalk, about half a yard or two foot high at the most, branching forth most from the very bottom, and stored with sundry thick, and almost round, somewhat long Leaves, of a deep green color, sometimes together, and sometimes more on a stalk, and are sappy, and of a pleasant, hot, or spicy taste: At the tops of the stalk and branches, stand tumbels of white flowers, and after them comes large seed bigger than Fennel Seed, yet somewhat alike. The root is great, white, and long, continuing many years, and is of an hot spicy tast likewise.*

Place. It groweth on the Rocks that are often moistned, at the least, if not overflown with the Sea-water.

Time. And it flowreth and seedeth in the end of *July* and *August.*

Government and Vertues. It is an Herb of *Jupiter*, and was in former times wont to be used more than now it is, the more is the pity; it is well known almost to every body, That ill digestion and obstructions, are the causes of most of the Diseases which the Nature of Man is subject to, both which might be remedied

Helpeth digestion, Opens,

Obstructions provokes Urine, Expel gravel and the Stone.

medied by a more frequent use of this Herb. If people would have sawce to their meat, they may take some for profit as well as for pleasure. It is a safe Herb very pleasant both to the taste and stomach, helping digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoketh Urin, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys or Bladder.

Sanicle.

Description. Ordinary Sanicle sendeth forth many great round Leaves standing upon long brownish stalks, every one somewhat deeply cut or divided into five or six parts, and some of those also cut in somewhat like the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth and of a dark green shining color, and sometime reddish about the Borders, from among which riseth up small round green stalks, without any joynt or Leaf thereon, dividing at the top, where it branches forth into flowers having a Leaf divided into three or four parts at that joynt with the flowers, which are small and white, starting out of small round grenish yellow heads, many standing together in a tuft, in which afterward are the seeds contained which are small round Burs, somewhat like the seeds of Cleavers, and stick in the same manner upon any thing that they touch: The Root is composed of many black strings, or fibres set together at a little long head, which abideth with the green Leaves all the Winter, and perish not.

Place. It is found in many shadowy Woods, and other places of this Land.

Time. It flowreth in *June*, and the seed is ripe shortly after.

Government and Vertues. This is one of *Venus* her Herbs to cure other Wounds, or what other mischief *Mars* inflicted upon the body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Imposthumes, or bleedings inwardly: It doth wonderfully help those that have any Tumors in any part of their Bodies, for it represseth and dissipateth the Humors if the Decoction or Juyce thereof be taken, or the Powder in drink and the Juice used outwardly; for there is not found any Herb that can give you such present help or to Man or Beast when the Disease falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or washing with the Decoction of the Leaves and Root, made in Water and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of blood either by the Mouth, Urine, or stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the pains in the Bowels, and Gonorrhœa or Running of the Reins, being boyled in Wine or Water, and drunk: The same also is

Green Wounds, Ulcers, Impostumes, inward bleeding, swellings, ulcers in the Mouth, Throat and Privities, womens Courses, Fluxes of Blood, Lasks, ulcers in the Kidneys, Running of the Reins, Rupture,

less powerful to help any Ruptures or Burstings, used both inwardly and outwardly: and briefly, it is effectual in binding, restraining, consolidating, heating, drying and healing; as Comfry, Bugle, Self-heal, or any other of the Consounds, or Vulnerary Herbs whatsoever.

Sarasens Consound, *or* Sarasens Wound-wort.

Descript. *This groweth very high sometimes with brownish stalks and other whites with green and hollow to a mans height, having many long and narrow green Leaves snip'd about the edges, somewhat like those of the Peach-tree, or Willow Leaves, but not of such a white green colour: The tops of the stalks are furnished with many pale yellow starlike flowers standing in green heads, which when they are fallen, and the seed ripe, which is somewhat long, small, and of a yellowish brown colour wrapped in Down, is therewith carried away with the wind: The Root is composed of many strings or fibres, set together at a head, which perisheth not in winter, but abideth, although the stalks dry away, and no leaf appeareth in Winter. The taste hereof is strong, and unpleasant, and so is the smell also.*

Place. It groweth in moist and wet grounds, by Wood sides, and sometimes in the moist places of the shady Groves, as also by the Water side.

Time. It flowreth in *July*, and the Seed is soon ripe and carried away with the Wind.

Government and Vertues. *Saturn* owns the Herb, and it is of a sober condition like him. Among the *Germans*, this Wound-Herb is preferred before all others of the same quality. Being boyled in Wine and drunk, it helpeth the indisposition of the Liver, and freeth the Gall from Obstructions, whereby it is good for the yellow Jaundice, and for the Dropsie in the beginning of it, for inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises; And being steeped in Wine and then distilled, the water thereof drunk is singular to ease all gnawing in the stomach, or other pains of the Body, as also the pains of the Mother: And being boyled in water it helpeth continual Agues; and the said Water, or the simple Water of the Herb distilled, or the Juyce or Decoction are very effectual to heal any green Wound, or old Sore or Ulcer whatsoever, cleansing them from corruption, and quickly healing them up: It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing and gargling them therewith; and likewise for such Sores as happen in the privy parts of Man or Woman; Briefly, whatsoever hath been said of Bugle or Sanicles, may be found herein.

Obstructions, Yellow Jaundice, Dropsie, Ulcers of the Reins, inward Wounds and Bruises, Pains in the Body, Mother, Agues, green wounds, Old Sores or Ulcers, Ulcers in the Mouth or Throat, Sores in the Privy parts.

Sawce

Sawce alone, *or* Jack by the Hedge.

Descript. THe lower *Leaves* of this are rounder than those that grow towards the tops of the *stalks*, and are set singly out at a joynt, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green colour, and not rough or pricking: The *flowers* are very small and white, growing at the tops of the *stalks* one above another, which being past, there follows small and long round Pod, wherein are contained small round *seed*, somewhat blackish. The *Root* is stringy, and thready, perishing every year after it hath given seed, and raiseth it self again of its own sowing. The plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place. It groweth under Walls, and by Hedg-sides and Path-wayes in Fields, in many places.

Time. It flowreth in *June*, *July*, and *August*.

Government and Vertues. It is an Herb of *Mercury*. This is eaten by many Country people as Sawce to their Salt-fish, and helpeth well to digest the Crudities and other corrupt Humors ingendred thereby; it warmeth also the Stomach, and causeth Digestion: The juyce thereof boyled with Honey, is accounted to be as good as Hedge-mustard for the Cough, to cut and expectorate the tough Flegm. The seed bruised and boyled in Wine, is a singular good Remedy for the Wind-Cholick, or the stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a cloth and applied while it is warm, is of singular good use. The Leaves also or seed boyled, is good to be used in Clysters to ease the pains of the stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Helps Digestion, Cough, Tough Flegm, Wind-Cholick, Stone, Ulcers in the Legs.

Winter, *and* Summer Savory.

BOth these are so well known, (being entertained as constant inhabitants in our Gardens) that they need no Description.

Government and Vertues. Mercury claims the Dominion over this herb, neither is there a better Remedy against the Cholick and Iliack Passions than this Herb; keep it dry by you all the year if you love your selves and your ease, a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withall, take notice that the Summer kind is the best. They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in tast, expelling wind in the stomach and Bowels, and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much

Cholick, Iliack Passion, Expelleth Wind, Mother, provokes Urine and Womens Courses, Tough Flegm, Lethargy, Dull.

much commended for Women with Child to take inward- *Sight Singing*
ſs and to ſmell often unto. It cutteth tough Flegm in the *in the Ears, and*
Cheſt and Lungs, and helpeth to expectorate it the more *deafneſs, Sciati-*
cally: quickneth the dull Spirits in the Lethargy, the *ca, and Palſies*
juyce thereof being ſnuffed, or caſt up into the Noſtrils: *Stinging of bees,*
the juyce dropped into the Eyes, cleareth a dull ſight, if it *&c.*
proceed of thin cold Humors diſtilling from the Brain.
The juyce heated with a Oyl of Roſes, and dropped into the Ears, eaſeth
them of the Noiſe and ſinging in them, and of Deafneſs alſo: Outwardly
applied with Wheat flour in manner of a Pultiſs, it giveth eaſe to the Sciatica
and Palſied Members, heating and warming them: and taketh away their
pains. It alſo taketh away the pain that comes of ſtinging by Bees, Waſps, &c.

Savin.

TO deſcribe a Plant ſo well known is needleſs, it being nurſed up almoſt in every Garden, and abiding green all the Winter.

Government and Vertues. It is under the Dominion of *Mars*, being hot and dry in the third degree, and being of exceeding thin parts, it of a very digeſting quality. If you dry the *ulcers cleanſeth,* herb into Powder, and mix it with Honey, it is an excel- *Fiſtulaes, Car-*
lent Remedy to cleanſe old filthy Ulcers and Fiſtulaes: but *buncles, Plague-*
it hinders them from healing. The ſame is excellent good *ſores, Kings-*
to break Carbuncles and Plague-ſores; alſo helpeth the *Evil, Worms,*
Kings Evil, being applied to the place: being ſpread upon *ſcabs, Itch, run-*
a piece of Leather, and applied to the Navel, kils the worms *ning Sores, Can-*
in the Belly; help Scabs and the Itch, running Sores, Can- *kers, Tetter s,*
kers, Tetters and Ringworms; and being applied to the *Ringworms,*
place, may happily cure Venereal Sores. This I thought *Venereal Sores.*
good to ſpeak of, as it may ſafely be uſed outwardly: for
inwardly it cannot be taken, without manifeſt danger.

The Common white Saxifrage.

Deſcription. THis hath a few ſmall reddiſh Kernels of Roots, covered with ſome skins lying among divers ſmall blackiſh Fibres, which ſend forth divers round, ſaint, or yellowiſh green Leaves, and grayiſh underneath, lying above the ground unevenly dented about the edges, and ſomewhat hairy, every one upon a little Foot-ſtalk, from whence riſeth up a round browniſh, hairy, green ſtalk, two or three foot high, with a few ſuch like round Leaves as grow below, but ſmaller, and ſomwhat branched at the top, whereon ſtand pretty large white flowers of five Leaves apiece, with ſome yellow threds in the middle, ſtanding in a long creſted browniſh green husk: After the flowers are paſt, there ariſeth ſometimes a round hard head, forked at the top, wherein is contained ſmall blackiſh ſeed, but uſually they fall away without any ſeed: and it is the Kernels or Grains of the Root which are uſually called the White Saxifrage ſeed, and ſo uſed.

Place. It groweth in many places of our Land, as well in the lower

moist, as in the upper dry corners of Meadows, and grassie sandy places used to grow neer *Lambs* Conduit on the back-side of *Grays-Inn*.

Time. It flowreth in *May*, and is then gathered as well for that which called the seed, as to distill, for it quickly perisheth down to the ground when any hot weather comes.

Government and Vertues. It is very effectual to cleanse the Reins and Bladder, and to dissolve the stone ingendred in them, and to expel it and the Gravel by Urine, to provoke Urine also being stopped, and to help the Strangury: for which purposes the Decoction of the Herb or Roots in white-Wine, or the Powder of its small kernelly Root, which is called the Seed, taken in white Wine, or in the same Decoction made with white-Wine, is most usual. The distilled Water of the whole Herb, Roots and Flowers, is most familiar to be taken. It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Flegm that troubles them. There are not many better Medicines to break the Stone than this.

Cleanseth the Reins, Stone, Gravel, Provokes Urine, Womens Courses, Tough Flegm.

Burnet Saxifrage.

Descript. *The greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves set directly opposite one another on both sides, each being somewhat broad, and a little pointed and jagged about the edges, of a sad green colour. At the tops of the stalks stand umbels of white flowers, after which comes small and blackish seed. The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former. The umbels of flowers are white, and the seed very small, and so is the Root, being also somewhat hot and quick in taste.*

Place. These grow in most Meadows of this Land, and are easie to be found, being well sought for among the grass, wherein many times they lie hid scarcely to be discerned.

Time. They flower about *July*, and their seed is ripe in *August*.

Government and Vertues. They are both of them Herbs of the Moon. These Saxifrages are as hot as Pepper; and *Tragus* saith by his Experience, That they are wholsome. They have the same properties that the Parsleys have, but in provoking Urine, and easing the pains thereof, or of the Wind Cholick, are much more effectual. The Roots or seed being used either in Powder, or in Decoction, or any other way: and likewise helpeth the windy pains of the Mother and to procure their Courses, & to break and avoid the stone in the Kidneys, to digest cold, viscous, and tough Flegm in the Stomach, and is an especial Remedy against the kind of Venom. Castoreum being boyled in the distilled Water hereof, is singular good to be given to those that

Provoke Urine, ease wind and Cholick, Mother, womens Courses, Stone, tough Flegm, Venom, Cramps & Convulsions, wound in the Head, Freckles and Spots.

trou-

troubled with Cramps and Convulsions, some do use to make the seed into Comfits (as they do Caraway-seed) which is effectual to all the purposes aforesaid. The juice of the herb dropped into the most grievous Wounds of the head, drieth up their moisture, and healeth them quickly. Some women use the distilled water to take away freckles or spots in the skin or face: and to drink the same sweetned with sugar for all the purposes aforesaid.

Scabious, three sorts.

Description. *Common* Field Scabious *groweth up with many hairy, soft, whitish green Leaves, some whereof are but very little, if at all jagged on the edges, others very much rent and torn on the sides, and have veins in them, which upon the breaking may be plainly seen: from among which rise up divers hairy green stalks three or four foot high, with such like hairy green leaves on them, but more deeply and finely divided, branched forth a little: At the tops hereof, which are naked and bare of Leaves for a good space, stand round tufts of flowers of a pale blewish colour, set together in a head, the uttermost whereof are larger than the inward, with many thrids also in the middle, somewhat flat at the top, as the head with seed is likewise: The Root is great, white, and thick, growing down deep in the ground, and abideth many years.*

There is another sort of Field Scabious *different is nothing from the former, but only it is smaller in all respects.*

The Corn Scabious *is different little from the first, but that it is greater in all respects, and the flowers more declining to purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep in the ground as the first doth.*

Place. The first groweth most usually in Meadows, especially about *London* every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or Fallow-fields, and the borders of such like Fields.

Time. They flower in *June* and *July*, and some abide flowring until it be late in *August*, and the seed is ripe in the mean time.

There are many other sorts of *Scabious*, but I take these which I have here described to be most familiar with us: The Vertues both of these and the rest being much alike, take them as followeth.

Government and Vertues. *Mercury* owns the Plant.

Scabious is very effectual for all sorts of Coughs, shortness of Breath, and all other Diseases of the Brest and Lungs, ripening and digesting cold Flegm, and other tough Humors, voiding them forth by coughing and spitting: It ripeneth also all sorts of inward Ulcers & Impostumes, the Pleurisie also, if the decoction of the herb dry or green be made in Wine & drunk for some time together: four ounces of the clarified juice of *Scabious* taken in the morning fasting

Cough, and shortness of Breath, Cold Flegm, Inward ulcers and Impostumes, Pleurisie, Infection, & bwcles or Plague-sores.

Pains or Stitches in the side, Scabs, Tetters, Ringworms, Itch, inward Wounds, cold Swellings, shrunk Sinews, Freckles and Pimples, Morphew and Leprosie, Dandrif and Scurf, Green wounds, old Sores and Ulcers, Splinters, Thorns, and broken Bones, &c.

fasting with a dram of Mithridate, or Venice Treacle, from the Heart from any infection of Pestilence, if after the taking of it, the party sweat two hours in bed; and his Medicine again and again repeated, if need require. The green Herb bruised and applied to any Carbuncle or Plague-sore, is found by certain Experience to dissolve and break it in three hours space. The same Decoction also drunk, helpeth the pains and stitches in the sides. The Decoction of the Roots taken for six dayes together, or a dram of the Powder of them taken a time in Whey, doth (as *Mathiolus* saith) wonderfully help those that are troubled with running or spreading Scabs, Tetters, Ring worms, yea, though they proceed from the French Pox; which he saith he hath tried by Experience. The Juice or Decoction drunk, helpeth also Scabs and breakings out, Itch, and the like. The Juyce also made up into an Ointment and used, is effectual for the same purpose. The same also helpeth all inward wounds by the drying, cleansing, and healing quality therein. And a Syrup made of the Juyce and Sugar, very effectual to all the purposes aforesaid, and so is the distilled water of the Herb and Flowers made in due season; especially to be used when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied doth wonderfully help all sorts of hard or cold Swellings, any part of the body; and is as effectual for any shrunk Sinew or Vein. The Juyce of Scabious made up with the Powder of Borax and Camphire, cleanseth the skin of the face or other parts of the body, not only from freckles & pimples, but also from Morphew and Leprosie. The head washed with the same Decoction, cleanseth it from Dandrif, Scurf, Sores, Itch, and the like, being used warm. Tents also dipped in the juyce or water thereof, not only healeth all green wounds, but old Sores and Ulcers also. The herb also bruised and applied, doth in short time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow head, or other such like thing lying in the flesh.

Scurvy-grass.

Descript.] *Our ordinary English Scurvy-grass hath many thick fat leaves more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waved, sometimes plain, smooth, and pointed, sometimes a little hollow in the middle, and round pointed, of a sad green, and sometimes a blewish colour, every one standing by it self upon a long foot-stalk, which is brownish or greenish also; from among which rise small slender stalks, bearing few leaves thereon like the other, but lesser and lesser for the most part. At the tops whereof grow many whitish Flowers with yellow threds in the middle, standing about a green Head which becomes the Seed-vessel, which will be somewhat flat when it is ripe, wherein is contained reddish seed tasting somewhat hot. The Root is made of many white strings*

ſtick deeply in the mud, wherein it chiefly delighteth: yet it will well abide in the more upland and dryer Grounds, and taſteth a little brackiſh or ſalt, even there, but not ſo much as where it hath the Salt-water to feed upon.

Place. It groweth all along the *Thames* ſide, both on the *Eſſex* and *Kentiſh* ſhores, from *Woolwich* round about the Sea-coaſts to *Dover*, *Portſmouth*, and even to *Briſtol*, where it is had in plenty: the other with round Leaves groweth in the Marſhes in *Holland* in *Lincolnſhire*, and other places of *Lincolnſhire* by the Sea-ſide.

Deſcript. *There is alſo another ſort called* Dutch Scurvy-graſs, *which is moſt known and frequent in Gardens, which hath divers freſh, green, and almoſt round Leaves riſing from the Root, nothing ſo thick as the former: yet in ſome rich ground very large, even twice ſo big as in others, not dented about the edges, nor hollow in the middle, every one ſtanding on a long footſtalk: from among theſe riſe up divers long, ſlender, weak ſtalks, higher than the former, and with more white flowers at the tops of them, which turn into ſmaller pods, and ſmaller browniſh ſeed than the former. The Root is white, ſmall, and threddy. The taſte of this is nothing ſalt at all, but hath an hot aromatical ſpicie taſte.*

Time. It flowreth in *April* or *May*, and giveth ſeed ripe quickly after.

Government and Vertues. It is an herb of *Jupiter*. The Engliſh Scurvy-graſs is more uſed for the ſalt taſte it beareth, which doth ſomewhat open and cleanſe: but the Dutch ſcurvy-graſs is of better effect, and chiefly uſed (if it may be had) by thoſe that have the Scurvy, eſpecially to purge and cleanſe the Blood, the Liver & the Spleen, for all which Diſeaſes it is of ſingular good effect, by taking the juice in the ſpring every morning faſting in a cup of drink. The decoction is good for the ſame purpoſe, & the herb tunned up in new drink, either by it ſelf, or with other things: for it openeth Obſtructions, evacuateth cold, clammy and flegmatick humors both from the Liver and the Spleen, waſting and conſuming both the ſwelling and hardneſs thereof, and thereby bringing to the body a more lively colour. The juice alſo helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith: and uſed outwardly, cleanſeth the skin from ſpots, marks, or ſcars that happen therein.

Scurvy, Liver and Spleen, Flegmatick Humors, foul Ulcers, and ſore Mouths, Spots and Scars in the Skin.

Self-heal.

It is alſo called Prunel, Carpenters Herb, Hook-heal, and Sickle-wort.

Deſcript. *THE common Self-heal is a ſmall, low, creeping Herb, having many ſmall roundiſh pointed Leaves, ſomewhat like the Leaves of wild Mints, of a dark green colour, without any dents on the edges: from among which riſe divers ſquare hairy ſtalks, ſource a foot high, which ſpread ſometimes into branches, with divers ſmall Leaves ſet thereon, up to the*

tops, where stand brown spiked Heads, of many small brownish Leaves like scales and flowers set together, almost like the head of Cassidony, which flowers are gaping, and of a blewish purple, or more pale blue, in some places sweet, but not so in others. The Root consists of many strings or fibres downward, and spreadeth strings also whereby it increaseth. The small stalks with the Leaves creeping upon the ground, shoot forth fibres taking hold of the ground, whereby it is made a great tuft in short time.

Place. It is found in Woods and Fields every where.

Time. It flowreth in *May*, and sometimes in *April*.

Government and Vertues. Here is another Herb of *Venus*, Self-heal, whereby when you are hurt, you may heal your self: 'tis a special Herb for inward and outward Wounds, take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As Self-heal is like Bugle in form, so also in the qualities and vertues, serving for all the purposes whereto Bugle is applied with good success either inwardly or outwardly, for inward Wounds or Ulcers wheresoever within the body, for bruises and falls, and such like hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound-Herbs, it will be the more effectual, and to wash or inject into Ulcers in the parts outwardly where there is cause to repress the heat and sharpness of humors flowing to any sore Ulcer, Inflammation, Swelling, or the like; or to stay the Flux of Blood in any wound or part: this is used with good success; as also to cleanse the foulness of Sores, and cause them more speedily to be healed. It is an especially Remedy for all green Wounds to sodder the lips of them, and to keep the place from any further inconveniences. The juice hereof used with Oyl of Roses to anoint the Temples and Forehead, is very effectual to remove the Head-ach: and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the secret parts. And the Proverb of the Germans, French, and others, is verified in this, *That he needeth neither Physitian nor Chyrurgion that hath* Self-heal *and* Sanicle *to help himself.*

Inward Wounds and ulcers, Bruises, Flux of Blood, foul Sores, green wounds, Heath, sores in the Mouth or Throat, and Secret parts.

The Service-Tree.

IT is so well known in the places where it grows, that it needeth no Description.

Time. It flowreth before the end of *May*, and the Fruit is ripe in *October*.

Government and Vertues. *Services* when they are mellow, are fit to be taken to stay Fluxes, Scouring, and Casting: yet less than Medlars. If they be dried before they be mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink, or to bath the parts requiring it: and is profitably used in that manner to stay the bleeding of Wounds, and at the Mouth or

Fluxes, Scourings and Castings, Bleeding at Wounds, or at Mouth & Nose,

Nose, to be applyed to the Forehead and Nape of the Neck: and is under the Dominion of *Saturn*.

Shepheards-purse.

IT is also called Whoremans-Permacity, Shepheards-Scrip, Shepheards-Pouch, Toy-wort, Pick-purse, and Case-weed.

Descript. The Root is small, white, and perisheth every year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides: amongst which springeth up a stalk which is small and round, containing small Leaves upon it even to the top. The flowers are white, and very small: after which come the little cases which hold the seed, which are flat, almost in the form of a Heart.

Place. They are frequent in this Nation, almost by every Paths side.

Time. They flower all the Summer long, nay, some of them are so fruitful, that they flower twice a year.

Government and Vertues. It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature like to him. It helps all fluxes of blood either caused by inward or outward wounds; also Flux of the Belly and Bloody-flux, spitting and pissing of blood, stops the Terms in Women, being bound to the wrists of the hands, and the soles of the feet, it helps the Yellow-Jaundice. The Herb being made into a Pultis, helps Inflammations, and St. Anthonies fire. The Juice being dropped into the Ears, helps the pains, noises, and matterings thereof. A good ointment may be made of it for all Wounds, especially wounds in the head.

Stop Fluxes, Flux of the Belly, spitting and pissing blood, Terms stops, Yellow jaundice, pains, noise, and matterings in the Ears, wounds.

Smallage.

THis is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

Place. It groweth naturally in wet and Marsh Grounds: but if it be sown in Gardens, it there prospereth very well.

Time. It abideth green all the Winter, and seedeth in *August*.

Government and Vertues. It is an herb of *Mercury*. Smallage is hoter, dryer, and much more medicinable then Parsley, for it much more openeth Obstructions of the Liver and Spleen, rarifieth thick Flegm, and cleanseth it and the blood withal. It provoketh Urine and Womens Courses and is singular good against the Yellow-Jaundice. It is very effectual against Tertian & Quartan-Agues, if the juice thereof be taken: but especially made into a Syrup. The Juice also put to honey of Roses, and Barley-water, is very good to gargle the mouth and throat of those that have Sores & Ulcers in them, & will quickly heal them. The same Lotion also cleanseth and healeth all other foul Ulcers & Cankers

Liver & Spleen, Urine, and womens Courses, Yellow-Jaundice. Agues, sore Mouths and Throats, ulcers, and Cankers, Worms,

Stinking Breath. else-where if they be washed therewith. The seed is especially used to break and expel wind, to kill worms, and to help a stinking breath. The Root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the Herb, but especially to open Obstructions, and to rid away any Ague, if the juice thereof be taken in Wine, or the Decoction thereof in Wine be used.

Sope-wort, *or* Bruise-wort.

Descript. *THe Root creepeth under ground far and near, with many joynts therein, of a brown colour on the out-side, and yellowish within, shooting forth in divers places many weak round stalks, full of joynts, set with two Leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campion Leaves, seldome having any branches from the sides of the stalk, but set with divers Flowers at the top standing in long husks like the wild Campions, made of five Leaves apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, and sometimes paler, of a reasonable good scent.*

Place. It groweth wild in many low and wet grounds of this Land, by the Brooks and sides of running Waters.

Time. It flowreth usually in *July*, and so continueth all *August*, and part of *September*, before they be quite spent.

Government and Vertues. *Venus* owns it. The Countrey-people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut to heal them up again. Some make great boast thereof, that it is Diuretical to provoke Urine, and thereby to expel Gravel and the stone in the Reins or Kidneys, and do also account it singular good to avoid Hydropical Waters, thereby to cure the Disease of the Dropsie. And they no less extoll it to perform an absolute Cure in the French-Pox, more than either *Sarsaparilla*, *Guajacum*, or *China* can do, which how true it is, I leave to others to judge.

Cut fingers, provokes Urine, expels Gravel and Stone, dropsie, French-Pox.

Sorrel.

OUr ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

Government and Vertues. It is under the Dominion of *Venus*. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and heat of blood in Agues Pestilential or Cholerick, or sickness and Fainting, rising from heat, and to refresh the over-spent Spirits with the violence of furious or fiery fits of Agues to quench Thirst, and procure an Appetite in fainting or decayed stomachs: for it resisteth the putrefaction of the blood, killeth worms, and is a Cordial to the Heart, which the Seed doth more effectually, being

Cool th Inflammations, and heat of Blood, Agues, quench Thirst, provoke Appetite, kill Worms, weakness

mor-

ere drying and binding, and thereby ſtayeth the hot Fluxes of Womens Courſes, or of humors in the Bloody-flux, or Flux of the Stomach. The Roots alſo in a Decoction, or in Powder, effectual for all the ſaid purpoſes. Both Roots and Seed as well as the Herb, is held powerful to reſiſt the poyſon of the Scorpion. The decoction of the Roots is taken to help the Jaundice, and to expel Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with wine and drunk, helpeth the Black-Jaundice, as alſo the inward Ulcers of the Body or Bowels. A Syrup made with the juice of Sorrel and Fumitory, is a ſoveraign help to kill thoſe ſharp humors that cauſe the Itch. The juice thereof with a little Vinegar ſerveth well to be uſed outwardly for the ſame cauſe, & alſo profitable for Tetters, Ring-worms, &c. It helpeth alſo to diſcuſs the Kernels in the Throat, & the juice gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Colewort-leaf, and roaſted under the Embers, and applyed to a hard Impoſthume, Botch, Boyl, or Plague-ſore, do both ripen and break it. The diſtilled water of the Herb is of much good uſe for all the purpoſes aforeſaid.

Courſes, Fluxes, Poyſon, Jaundice, Inward ulcers, Itch, Tetters and Ring-worms, Kernels in the Throat, ſore Mouths, Impoſthume, Boyl or Plague-ſore.

Wood-Sorrel.

Deſcript. *THis groweth low upon the ground, having a number of Leaves coming from the Root, made of three Leaves like a Treſoyl, but round at the ends, and cut in the middle, of a faint yellowiſh green colour, every one ſtanding on a long footſtalk, which at their firſt coming up, are cloſe folded together to the ſtalk, but opening themſelves afterwards, and are of a fine ſour taſte, and yielding a juice which will turn red when it is clarified, and maketh moſt dainty clear Syrup. Among theſe Leaves riſe up divers ſlender, weak footſtalks, with every one of them a flower at the top, conſiſting of five ſmall round Leaves Star-faſhion, of a white colour in moſt places, and in ſome daſh'd over with a ſmall ſhew of a blewiſh on the back ſide only. After the flowers are paſt, follow ſmall round Heads, with ſmall yellowiſh ſeed in them. The Roots are nothing but ſmall ſtrings faſtned to the end of a ſmall long piece, all of them being of a yellowiſh colour.*

Place. It groweth in many places of our Land, in Woods and Woodſides, where they be moiſt and ſhadowed, and in other places, not too much open to the Sun.

Time. It flowreth in *April* and *May*.

Government and Vertues. *Venus* owns it. Wood-ſorrel ſerveth to all the purpoſes that the other Sorrels do, & is more effectual in hindering the putrifaction of Blood, and Ulcers in the Mouth and Body, and in cooling and tempering heats and Inflammations, to quench thirſt, to ſtrengthen a weak Stomach, to procure an Appetite, to ſtay Vomiting, and very excellent in any

Ulcers, Inflammations, procure appetite,

Pestilential Feavers, but Swellings, Canker or Ulcers in the Mouth, Wounds, or Stabs, Defluxions.

any contagious sickness, or Pestilential Feavers. The Syrup made of the juice is effectual in all the cases aforesaid; and so is the distilled Water of the herb also. Spunges or Linnen Cloaths wet in the juice, and applyed outwardly to any Swellings or Inflammations, doth much cool and help them. The same juice taken, and gargled in the Mouth, and after is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcers therein. It is singular good in Wounds, Thrusts and Stabs in the Body, to stay bleeding, and to cleanse and heal the wounds speedily; and helpeth to stay any hot Defluxions into the Throat or Lungs.

Sow-Thistles

Sow-Thistles are generally so well known, that they need no Description, *Place.* They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-waies.

Government and Vertues. This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and somewhat binding, and

Pains and heat of the Stomach, Short wind and Wheesing, Gravel and Stone, stinking Breath, speedy Delivery, Strangury, Milk increased, Deafness and singing in the Ears, Inflamed Eyes, Wheals and Blisters, Hemorroid, clear the Face.

are very fit to cool an hot stomach, & to ease the gnawing pain thereof. The herb boyled in Wine is very helpful to stay the dissolution of the stomach; and the milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short-winded, & have a wheesing withal, Etmuller saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking breath. Three spoonfuls of the juice thereof taken in white-wine warmed, and some Oyl put thereto, causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after. The said juice taken in warm drink, helpeth the Strangury and pains in making water. The Decoction of the leaves and stalks, causeth abundance of Milk in Nurses, & their Children to be well coloured, & is good for those whose Milk doth curdle in their Brests. The juice boyled or throughly heated with a little Oyl of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, singings, and all other Diseases in them. The herb bruised, or the juice, is profitably applyed to all hot Inflammations in the Eyes, or whereseoever else, and for Wheals, Blisters, or other the like Eruptions or heat in the Skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of humors in the secret parts of Man or Woman. The distilled water of the herb is not only effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach will not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderful good for women to wash their Faces therewith, to clear the skin, & give a lustre thereto.

Southernwood.

Southernwood is ſo well known to be an ordinary Inhabitant in our Gardens, that I ſhall not need to trouble you with any Deſcription thereof.

Time. It flowreth for the moſt part in *July* and *Auguſt*.

Government and Vertues. It is a gallant Mercurial Plant, worthy of more eſteem than it hath. *Dioſcorides* ſaith, That the ſeed bruiſed, heated in warm Water and drunk, helpeth thoſe that are Burſten, or troubled with Cramps or Convulſions of the Sinews, the Sciatica, or difficulty in making water, and bringeth down Women's Courſes. The ſame taken in Wine is an Antidote, or Counter-poyſon againſt all deadly Poyſon, and driveth away Serpents, and other Venomous Creatures: as alſo the ſmell of the Herb being burnt, doth the ſame. The Oyl thereof anointed on the Back-bone before the Fits of Agues come, taketh them away: it taketh away Inflammation in the Eyes, if it be put with ſome part of a roaſted Quince, and boyled with a few crums of bread and applied. Boyled with Barley-meal it taketh away Pimples, Puſhes or Wheals that riſe in the Face or other parts of the Body. The ſeed as well as the dried Herb is often given to kill the worms in Children: The herb bruiſed and laid to, helpeth to draw forth ſplinters and thorns out of the fleſh. The aſhes thereof drieth up and healeth old Ulcers that are without Inflammation, although by the ſharpneſs thereof it biteth ſore, and putteth them to ſore pains: as alſo the ſores in the privy parts of Man or Woman. The aſhes mingled with old Salad-oyl, helpeth thoſe that have their hair fallen, and are bald, cauſing the hair to grow again either on the head or beard. *Dureus* ſaith, That the Oyl made of Southernwood, and put among the Ointments that are uſed againſt the French Diſeaſe, is very effectual, and likewiſe killeth Lice in the Head. The diſtilled water of the herb is ſaid to help them much that are troubled with the ſtone, as alſo for the Diſeaſes of the Spleen and Mother. The *Germans* commend it for a ſingular wound-herb, and therefore call it *Stabwort*. It is held by all Writers, Antient & Modern, to be more offenſive to the ſtomach than wormwood.

Burſten, Cramps & Convulſions, Sciatica, ſtrangury, Womens Courſes, poyſons, Agues, Inflamed Eyes, pimples, puſhes, and wheals, Worms, ſplinters and thorns, old ulcers, ſores in the privities, baldneſs, French-pox, Stone, ſpleen and Mother.

Spignell.

Deſcription. *The Roots of common Spignel do ſpread much and deep in the ground, many ſtrings or branches growing from one head, which is hairy at the top, of a blackiſh brown colour on the out-ſide, and white within, ſmelling well, and of an Aromatical taſte, from whence ſundry long ſtalks of moſt fine cut Leaves like hairs, ſmaller than Dill, thick on both ſides of the Stalks, and of a good ſcent. Among theſe Leaves riſe*

riſe up round ſtiff ſtalks, with a few Joynts and Leaves at them, and at the tops an umbel of fine pure white flowers. At the edges whereof ſometimes will be ſeen a ſhew of reddiſh blewiſh colour, eſpecially before they be full blown, and are ſucceeded by ſmall ſomewhat round ſeed, bigger than the ordinary Fenual, and of a brown colour, diviaed into two parts, and creſted on the back, as moſt of the umbelliferous ſeeds are.

Place. It groweth wild in *Lancaſhire*, *York-ſhire*, and other Northern Countreys, and is alſo planted in Gardens.

Government and Vertues. It is an herb of *Venus*. Galen ſaith, The Roots of Spignel are available to provoke Urine, and Womens Courſes, but if too much thereof be taken, it cauſeth Head-ach: The Roots boyled in Wine or Water and drunk, helpeth the Strangury, and ſtoppings of the Urine, the Wind, ſwellings and pain in the Stomach, pains of the Mother, & all Joynt-aches. If the powder of the Roots be mixed with Honey, and the ſame taken as a licking Medicine, it breaketh tough Flegm, and dryeth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual againſt the ſtinging or biting of any Venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes for the ſame.

Provokes urine, and womens Courſes, Strangury, pain in the Stomach, Mother, Joynt-aches, Tough flegm, Venomous creatures.

Spleen-wort, or Ceterach.

Deſcription. *THe ſmooth Spleenwort from a black, thredly, and huſky root, ſendeth forth many long ſingle Leaves, cut in on both ſides into round dents, almoſt to the middle, which is not ſo hard as that of Polipody, each diviſion being not alwaies ſet oppoſite unto the other, but between each ſmooth, and of a light green on the upper ſide, and a dark yellowiſh roughneſs on the back, folding or rolling it ſelf inward at the firſt ſpringing up.*

Place. It groweth as well upon ſtone-walls as moiſt and ſhadowy places about *Briſtol*, and other the Weſt parts plentifully; as alſo on *Framingham* Caſtle, on *Bonsfield* Church in *Barkſhire*, at *Strowde* in *Kent*, and elſewhere, and abideth green all the Winter.

Government and Vertues. Saturn owns it. It is generally uſed againſt infirmities of the Spleen, it helpeth the ſtrangury, and waſteth the ſtone in the Bladder, and is good againſt the yellow-Jaundice and the Hiccough; but the uſe of it in Women hindreth Conception. *Matthiolus* ſaith, That if a dram of the duſt that is on the back-ſide of the Leaves, be mixed with half a dram of Amber in powder, and taken with the juice of Purſlane or Plantane, it helps the running of the Reins ſpeedily, and that the Herb or Root being boyled and taken, helpeth all Melancholick Diſeaſes, and thoſe eſpecially that ariſe from the French Diſeaſe. *Camerarius* ſaith, That the diſtilled Water thereof being drunk, is very effectual againſt the ſtone in the Reins

Spleen, ſtrangury, ſtone, yellow-Jaundice, Running of the reins, melancholy Diſeaſes.

and Bladder: and that the Lie that is made of the Aſhes thereof being drunk for ſome time together, helpeth ſplenetick perſons: It is uſed in outward remedies for the ſame purpoſe.

Star-Thiſtle.

Deſcript. A Common Star-Thiſtle hath divers long and narrow leaves lying next the ground, cut or torn on the edges ſomewhat deeply, into many almoſt even parts, ſoft or a little woolly all over the green, among which riſe up divers weak ſtalks parted into many branches, all lying or leaning down to the ground, that it ſeemeth a pretty buſh, ſet with divers the like divided leaves up to the tops, where ſeverally do ſtand long and ſmall whitiſh green heads, ſet with ſharp and long white pricks (no part of the plant being elſe prickly) which are ſomewhat yellowiſh: out of the middle whereof riſeth the Flower, compoſed of many ſmall reddiſh purple threds; and in the heads after the Flowers are paſt, come ſmall whitiſh round ſeed lying down as others do. The root is ſmall, long and woody, periſhing every year, and riſing again of its own ſowing.

Place. It groweth wild in the fields about *London* in many places, as at *Mile-end-Green*, in *Finsbury* fields beyond the Wind-Mils, and many other places.

Time. It Flowreth early, and Seedeth in *July*, and ſometimes in *Auguſt*.

Government and Vertues. This, as almoſt all Thiſtles, are under *Mars*. The Seed of this Star-Thiſtle made in Powder, and drunk in Wine, provoketh Urine, and helpeth to break the ſtone, and drive it forth. The Root in Powder and given in Wine and drunk, is good againſt the Plague or Peſtilence, and drunk in the morning faſting for ſometime together, is very profitable for a Fiſtula in any part of the body. *Baptiſta Sardus* doth much commend the diſtilled Water thereof being drunk, to help the French Diſeaſe, to open Obſtructions of the Liver, and cleanſe the Blood from corrupted humours, and is profitably given againſt Quotidian or Tertian Agues.

Provokes urine, Stone, Plague, Fiſtula, French Pox, Obſtructions, Agues.

Straw-berries.

THeſe are ſo well known through this Land, that they need no Deſcription.

Time. They Flower in *May* ordinarily, and the Fruit is ripe ſhortly after.

Government and Vertues. *Venus* owns the Herb. Straw-berries when they are green, are cold and dry, but when they are ripe they are cold and moiſt: The Berries are excellent good to cool the Liver, the Blood and the Spleen, or an hot Cholerich ſtomach; to refreſh and comfort the fainting ſpirits, and quench thirſt: They are good alſo for other Inflammations, yet it is not amiſs to reſtrain

Cool the Liver, Spleen and Stomach, Quench thirſt, inflammations, pro-

voke urine, ſtay

from

the Bloody-flux, and Womens Courses, panting of the Heart, Yellow-Jaundice, Ulcers, sore Mouths or ulcers in the Privities, loose Teeth, Catarrhs, Defluxions, inflamed Eyes, Pushes and Wheals, red Face, deformities in the skin, Films over the Eyes.

from them in a Feaver, lest by their putrifying in the stomach they increase the fits. The Leaves and Roots boyled in Wine and Water, and drunk, do likewise cool the Liver and Blood & assuage all Inflammations in the Reins and Bladder, provoke Urine, and allay the heat and sharpness thereof. The same also being drunk, stayeth the Bloody flux, and Womens Courses, and help the swellings of the Spleen. The water of the Berries carefully distilled, is a soveraign Remedy as a Cordial in the panting and beating of the Heart, and is good for the Yellow-Jaundice. The juice dropped into foul Ulcers or they washed therewith, or the Decoction of the Herb and Root doth wonderfully cleanse and help to cure them. Lotions and Gargles for sore Mouths, or Ulcers therein, or of the privy parts, or else-where, are made with the Leaves & Roots thereof; which is also good to fasten loose Teeth, and to heal spungy foul Gums. It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth or Eyes. The juice or water is singular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is also of excellent property for all pushes, Wheals, and other breakings forth of hot and sharp humors in the Face and Hands, or other parts of the body to bath them therewith; to take away any redness in the Face, or spots, or other deformities in the skin, and to make it clear and smooth. Some use this Medicine, Take so many Strawberries as you shall think fitting, and put them into a Distillatory or Body of Glass fit for them, which being well closed, set it in a bed of Horse-dung for twelve or fourteen daies, and afterwards distill it carefully, and keep it for your use. It is an excellent water for hot inflamed Eyes, and to take away any film or skin that beginneth to grow over them, and for such other defects in them as may be helped by any outward Medicine.

Succory.

Descript. *THe Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the edges, and the Root abideth many years. It beareth also blue Flowers like Endive, and the seed is hardly distinguished from the seed of the smooth or ordinary Endive.*

The wild Succory hath divers long Leaves lying on the ground, very much cut in or torn on the edges, on both sides even to the middle rib eating in a part, sometimes it hath a red rib down the middle of the Leaves, from among which setth up a hard, round, woody stalk, spreading into many branches, set with smaller and lesser divided Leaves on them up to the top, where stand the Flowers which are like the Garden kind, as the seed is also (only take notice that the Flowers of the Garden kind are gone in one sunny day, they being so cold, that they are not able to endure the beams of the Sun, and therefore most delight in the shadow) The Root is white, but more hard and woody than the Garden kind. The whole Plant is exceeding bitter.

Place. This groweth in many places of our Land; in waste, untilled and barren Fields. The other only in Gardens.

Government and Vertues. It is an Herb of *Jupiter*. Garden Succory, as it is more dry, & less cold than Endive, so it openeth more.

An handful of the Leaves or Roots boyled in Wine or Water, and a draught thereof drunk fasting, driveth forth Cholerick and Flegmatick Humors, openeth Obstructions of the Liver, Gall and Spleen; helpeth the yellow Jaundice, the heat of the Reins, and of the Urine; the Dropsie also, and those that have an evil disposition in their bodies, by reason of long sickness, evil diet, &c. which the Greeks call Καχέξια, *Cachexia*. A Decoction thereof made with Wine and drunk, is very effectual against long lingering Agues; and a dram of the seed in powder drunk in Wine before the fit of the Ague, helpeth to drive it away. The distilled water of the Herb and Flowers (if you can take them in time) hath the properties, and is especial good for hot Stomachs, and in Agues, either pestilential, or of long continuance, for Swoonings, and passions of the Heart, for the heat and head-ach in Children, and to the Blood and Liver. The said water, or the juice, or the bruised Leaves applied outwardly, allay Swellings, Inflammations, St. Anthonies fire, Pushes, Wheals and Pimples, especially used with a little Vinegar; as also to wash pestiferous sores. The said water is very effectual for sore Eyes that are inflamed with redness, and for Nurses brests that are pained by the abundance of Milk.

Cholerick and flegmatick Humors, Obstructions, yell. Jaundice, hot Reins & urine, dropsie, Agues, passions of the Heart, Head-ach, swellings & inflammations, St. Anthonies fire, Pushes, wheals and Pimples, inflamed Eyes, too much Milk.

The Wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, *or* Small Houseleek.

Descript. *It groweth with divers trailing branches upon the Ground, set with many thicks, flat, roundish, whitish green Leaves, pointed at the ends. The flowers stand many of them together, somwhat loosly. The Roots are small, and run creeping under ground.*

Place. It groweth upon the stone-walls, and mud-walls, upon the Tiles of Houses and Pent-houses, and amongst Rubbish, and in other gravelly places.

Time. It flowreth in *June* and *July*, and the Leaves are green all the Winter.

Government and Vertues. It is under the Dominion of the *Moon*, cold in quality, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It *Binds*, *stays* Dropsies Bleeding both inward and outward, helps Cankers *fluxions*, Bleed-

and

ding stops, Cankers, Sores, ulcers, Choler, Cholerick Humors, Poyson, Pestilent Feavers, tertian Agues, Kings-Evil, Knots and Kernels in the Flesh, Piles.

and all fretting Sores & Ulcers; it abates the heat of choler, thereby preventing Diseases thence arising from Cholerick Humors: It expels poysons much, resisteth pestiential Feavers, being exceeding good also for Tertian Agues, you may drink the Decoction of it if you please for all the foregoing infirmities: It is so harmless an Herb, you can scarce use it amiss; being bruised and applied to the place it helps the Kings-Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

English Tobacco.

Description. *THis riseth up with a thick round stalk about two foot high, whereon do grow thick, fat, green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The stalk branches forth, and beareth at the tops divers Flowers set on green Husks, like the other, but nothing so large; scarce standing above the brims of the Husks, round pointed also, and of a greenish yellow colour. The seed that followeth is not so bright, but larger, contained in the like great heads. The Roots are neither so great nor woody, and perishing every year with the hard frosts in winter, but riseth generally of its own sowing.*

Place. This came from some parts of *Brasile*, as is thought, and is more familiar in our Countrey than any of the other sorts; early giving ripe seed, which the other seldome do.

Time. It flowreth from *June* sometimes to the end of *August*, or later, & the seed ripeneth in the mean time.

Government and Vertues. It is a Martial Plant. It is found by good experience to be available to expectorate tough Flegm from the Stomach, Chest and Lungs. The juice thereof made into a Syrup, or the distilled water of the herb drunk with some Sugar, or without if you will, or the smoke taken by a Pipe as is usual, but fasting; the same helpeth to expel worms in the stomach and belly, and to ease the pains in the Head, or Meagrim, and the griping pains in the Bowels: It is profitable for those that are troubled with the stone in the kidneys both to ease pains, and by provoking urine, to expel gravel and the stone ingendred therein, and hath been found very effectual to expel windiness and other humors which cause the strangling of the Mother. The seed hereof is very effectual to expel the tooth-ach, & the ashes of the burnt herb, to cleanse the Gums and make the Teeth white. The herb bruised and applied to the place grieved with the Kings-Evil, helpeth it in nine or ten daies effectually. *Mizaldus* saith, It is a Counter-poyson against the biting of any Venomous Creature.

Tough Flegm, Worms, Meagrim, pains in the Bowels, Gravel & stone, Wind, Mother, tooth-ach, Kings-Evil, venomous Creature, Ague, cramps & aches, Sciatica, &c., Scabs & ulcers, Cankers & foul sores, lice, fresh wounds, old sores, Impostumes and hard swellings.

Creatures; the Herb also being outwardly applyed to the hurt place. The Distilled Water is often given with some Sugar before the fit of an Ague to lessen it, and take it away in three or four times using. If the Distilled Feces of the Herb having been bruised before the Distillation, and not distilled dry, be set in warm dung for fourteen days, and afterwards hung up in a bag in a Wine Celler; that liquor that distilleth therefrom, is singular good to use for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers and foul sores whatsoever. The Juyce is also good for all the said griefs, and likewise to kill Lice in Childrens heads. The green Herb bruised and applyed to any green wound, cureth any fresh wound or cut whatsoever: and the Juyce put into old sores, both cleanseth and healeth them. There is also made hereof, a singular good Salve to help Imposthumes, hard Tumors, and other swellings by blows or falls.

The Tamarisk Tree.

IT is so well known in the places where it grows, that it needeth no Description.

Time.] It flowreth about the end of *May*, or in *June*, and the seed is ripe and blown away in the beginning of *September*.

Government and Vertues.] As gallant a *Saturnine* Herb it is, If the Root, Leaves, or young Branches be boyled in Wine or Vinegar, and drunk, and applyed outwardly, it is very powerful against the hardness of the Spleen. The Leaves boyled in Wine and drunk, is good to stay the bleeding of the Hemorrhodial Veins, the spitting of blood, and Womens too abounding Courses, and helpeth the Jaundice, the Cholick, and the biting of all venomous Serpents, except the Asp. The Bark is as effectual, if not more, to all the purposes aforesaid, and both it and the Leaves boyled in Wine, and the mouth and the teeth washed therewith, helpeth the Toothach; being dropped into the Ears easeth the pains & is good for the redness & watering of the Eys: The said Decoction with some Honey put thereto, is good to stay Gangrenes and fretting Ulcers, and to wash those that are subject to Nits and Lice. The Wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans make thereof, is good for Splenetick persons. The Ashes of the VVood are used for all the purposes aforesaid, and besides, doth quickly help the Blisters raised by burnings or scaldings, by fire or water. *Alpinus* and *Vesliegus* do affirm, That the Ægyptians do with as good success use the wood hereof to cure the French Disease, as others do *Lignum vitæ*, or *Guajacum*; and give it also to such as are possessed with Leprosie, Scabs, Pushes, Ulcers, or the like; and is available also to help the Dropsie, arising from the hardness and obstruction of the Spleen, as also for Melancholy, and the black Jaundice that arriseth thereof.

Spleen, Hemorrhoids spitting Blood, Womens Courses, Jaundice and Cholick, Ven. Serpents, Toothach, pain in the Ears, watring Eyes, Gangrenes, and Ulcers, Nits and Lice, Spleen, burning & scalding, French pox, Leprosie, & scabs, Dropsie, Melancholy, Black Jaundice.

Garden Tanſie.

GArden Tanſie is ſo well known, that it needeth no Deſcription.

Time. It flowreth in *June* and *July*.

Government and Vertues. Dame *Venus* was minded to pleaſure Women with Child by this Herb, for there grows not an Herb fitter for it: when this is; it is juſt as though it were cut out for the purpoſe: The Herb bruiſed and applied to the Navel ſtayes miſcarriages, I know no Herb like it for that uſe: Boyled in ordinary Beer, and the Decoction drunk doth the like; and if her Womb be not as ſhe would have it, this Decoction will make it as ſhe would have it, or at leaſt as ſhe ſhould have it: Let thoſe Women that deſire Children, love this Herb, 'tis their beſt Companion, their Husband excepted. Alſo, it conſumes the Flegmatick humors the cold and moiſt conſtitution of Winter moſt uſually infects the Body of Man with, and that was the firſt reaſon of eating Tanſies in the Spring; at laſt the World being over-run with Popery, a Monſter called Superſtition perks up his Head, and as a juſt Judgment of God, obſcures the bright beams of Knowledg by his diſmal looks, (Phyſitians ſeeing the Pope and his Imps ſelfiſh, they began to do ſo too) and now forſooth Tanſies muſt be eaten only on Palm and Eaſter *Sundaies*, and their neighbour dayes: At laſt Superſtition being too hot to hold, and the ſelfiſhneſs of Phyſitians walking in the clouds; after the Fryers and Monks had made the people ignorant, the Superſtition of the time was found out, but the Vertue of the Herb hidden, and now 'tis almoſt, if not altogether, left off: Surely our Phyſitians are beholding to none ſo much as they are to Monks and Fryers; for want of eating this Herb in Spring, maketh people ſickly in Summer, and that makes work for the Phyſitian. If it be againſt any Man or Womans Conſcience to eat a Tanſie in the Spring, I am as unwilling to burden their Conſciences, as I am that they ſhould burden mine: They may boyl it in Wine, and drink the Decoction, it will work the ſame effect. The Decoction of the common Tanſie, or the juyce drunk in Wine, is a ſingular Remedy for all the griefs that come by ſtopping of the Urine, helpeth the Strangury, and thoſe that have weak Reins and Kidneys: It is alſo very profitable to diſſolve and expel Wind in the Stomach, Belly or Bowels, to procure Womens Courſes, and expel windineſs in the Matrix. It is to be bruiſed and often ſmelled unto, as alſo applied to the lower part of the Belly. It is alſo very profitable for ſuch Women as are given to miſcarry in Child-bearing, to cauſe them to go out their full time: It is uſed alſo againſt the ſtone in the Reins, eſpecially to Men. The Herb fryed with Eggs (as is accuſtomed in the Spring-time) which is called a Tanſie, helpeth to digeſt, and carry downward thoſe bad Humors that trouble the Stomach: The ſeed is very profitably given to children for the Worms, and the juyce in Drink is as effectual. Being boyled in Ovl, it is good for the Sinews ſhrunk by Cramps, or pained with cold, if thereto applied.

Dyſury, Strangury, Reins, Kidneys, Wind, Womb, Miſcarriage, Stone, Stomach, Worm, Cramps.

Wild Tanſie, or Silver-weed.

This is alſo ſo well known that it needeth no Deſcription.

Place. It groweth almoſt in every place.

Time. It flowreth in *June* and *July*.

Government and Vertues. Now Dame *Venus* hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain beauty; and what more can be expected of her? What now remains for you but to love your Husbands and not to be wanting to your poor Neighbours? Wild Tanſie ſtayeth the Lask, and all the Fluxes of Blood in Men or Women, which ſome ſay it will do if the green Herb be worn in the ſhooes, ſo it be next the skin; 'tis true enough that it will ſtop the Terms if worn ſo, and the Whites, too for ought I know. It ſtayeth alſo ſpitting or vomiting of blood. The Powder of the dried Herb taken in ſome of the diſtilled Water, helpeth the Whites in Women, but more eſpecially if a little Coral and Ivory in Powder be put to it: It is alſo much commended to help Children that are burſten, and have a Rupture, being boyled in Water and Salt. Being boiled in Wine and drunk, it eaſeth the griping pains of the Bowels, and is good for the Sciatica and Joynt-aches. The ſame boyled in Vinegar, with Honey and Allom, and gargled in the Mouth, eaſeth the pains of the Tooth-ach, faſteneth looſe Teeth, helpeth the Gums that are ſore, and ſetleth the Palate of the Mouth in its place when it is fallen down: It cleanſeth and healeth the Ulcers in the Mouth or ſecret Parts, and is very good for inward Wounds, and to cloſe the Lips of green Wounds: as alſo to heal old, moiſt, corrupt running ſores in the Legs, or elſewhere: Being bruiſed and applied to the ſoles of the feet, and the hand-wriſts, it wonderfully croſſeth the hot fits of Agues, be they never ſo violent. The diſtilled Water cleanſeth the skin of all diſcolourings therein, as Morphew, Sunburning, &c. as alſo Pimples, Freckles, and the like; and dropped into the Eyes, or cloaths wet therein and applied, taketh away the heat and Inflammations in them.

Thiſtles.

OF theſe are many kinds growing here in *England*, which are ſo well known, that they need no Deſcription: Their difference is eaſily known by the places where they grow: viz.

Place. Some grow in Fields, ſome in Meadows, and ſome among the Corn: others on Heaths, Greens, and waſt Grounds in many places.

Time. They all flower in *July* and *Auguſt*, and their Seed is ripe quickly after.

Government and Vertues. Sure *Mars* rules it, it is ſuch a prickly buſineſs. All theſe Thiſtles are good to provoke Urine, and to ſtrengthen the ſtinking ſmell thereof; as alſo the rank ſmell of the *Dyſury*.

Armpits, or the whole Body, being boyled in wine and drunk; and are said also to help a stinking Breath, and to strengthen the Stomach. *Pliny* saith, That the juyce bathed on the place that wanteth Hair, it being fallen off, will cause it to grow again speedily.

Stinking Breath, Stomach.

The Melancholly Thistle.

Description. IT riseth up with tender single hoary green stalks, bearing thereon four or five long hoary green Leaves, dented about the edges, the points whereof are little or nothing prickly, and at the top usually but one head, yet sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many reddish purple thrums or threds in the middle, which being gathered fresh will keep the colour a long time, and fadeth not from the stalk in a long time, while it perfecteth the Seed, which is of a mean bigness, lying in the Down. The Root hath many long strings fastned to the head, or upper part, which is blackish and perish not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the stalk being about two foot high, beareth but one large scaly head, with threds and seeds as the former.

Place. They grow in many moist Meadows of this Land, as well in the Southern, as in the Northern parts.

Time. They Flower about *July*, or *August*, and their Seed ripeneth quickly after.

Government and Vertues. 'Tis under *Capricorn*, and therefore under both *Saturn* and *Mars*, one rids Melancholy by Sympathy: the other by Antipathy. Their Vertues are but few, but those not to be despised; for the Decoction of the Thistle in Wine being drunk, expels Melancholy, pestilious Melancholy out of the Body, and make a man merry as a Cricket; superfluous Melancholy causeth care, fear, sadness, despair, envy, and many evils more besides; but Religion teacheth to wait upon Gods Providence, and cast our care upon Him, who careth for us: What a fine thing were it if Men and Women could live so and yet seven years care and fear make a man never the wiser, nor a farthing the richer. *Dioscorides* saith, the Root born about one doth the like and removes all Diseases of Melancholy. Modern Writers laugh at him, let them laugh that win: my opinion is, That 'tis the best Remedy against all Melancholy Diseases that grows: They that please may use it.

Melancholy.

Our Ladies Thistle.

Description. OUR Ladies Thistle hath divers very large and broad Leaves lying on the ground, but in, and as it were crumpled, but somewhat hairy on the edges, of a white green shining colour, wherein are many veins and streaks of a milky white colour running all over, and set with

very sharp and stiff prickles all about: among which riseth up one or more stalks round, and prickly stalks, set full of the like Leaves as before, but smaller at the end of every branch, cometh forth a great prickly Thistle-like head, strongly armed with pricks, and with bright purple thrums rising out of the middle of them, after they are past, the seed groweth in the said heads, which is a great deal of soft white Down, which is somewhat reddish and shining, large and brown. The Root is great, spreading in the ground, with many strings, and small fibres fastned thereto. All the whole Plant is bitter in taste.

Place. It is frequent on the Bank of almost every Ditch.

Time. It flowreth and seedeth in *June*, *July*, and *August*.

Government and Vertues. Our Ladies Thistle is under *Jupiter*, and thought to be as effectual as Carduus Benedictus for Agues, and to prevent and cure the infection of the plague, as also to open obstructions of the Liver and Spleen, and thereby is good against *Agues*, *Plague*, the Jaundice: It provoketh Urine, breaketh and expelleth *Obstructions*, the stone, and is good for the Dropsie: It is effectual al- *Liver*, *Spleen*, for the pains in the sides, and many other inward pains *dropsie*, *stitches* and gripings: The seed and distilled Water are held pow- *in the side*, *Li-* ful to all the purposes aforesaid; and besides, it is often *ver.* applied both inwardly to drink, and outwardly with cloaths sponges to the Region of the Liver to cool the distemperature thereof and the Region of the Heart, against swoonings and passions of it. It cleanseth the blood exceedingly, and in Spring if you please to boyl the tender Plant (but cut of the prickles, unless you have a mind to choak your self) it will change your blood as the season changes, and that is the way to be safe.

The Woolly, *or* Cotton Thistle.

Descript. THis hath many large Leaves lying on the ground, somewhat cut in, & as it were crumpled on the edges, of a green color on the upper side, but covered over with a long hairy wool or Cottony Down set with most sharp and cruel pricks; from the middle of whose heads of flowers comes forth many purplish crimson threds, and sometimes white although but seldom: The seed that followeth in these white Downy heads, is somewhat large, long, and round, resembling the seed of Ladies-Thistle, but paler: the Root is great and thick, spreading much, yet usually dieth after seed-time.

Place. It groweth on divers Ditch Banks, and in the Corn-fields and Highwayes, generally throughout the Land; and is often found growing in Gardens.

Time. It flowreth and beareth seed about the end of Summer, when other Thistles do flower and seed.

Government and Vertues. It is a Plant of *Mars*. *Dioscorides* and Pliny write. That the Leaves and Roots hereof taken in drink, helpeth those that

Crick in the Neck, Spasm, Convulsion, Rickets.

have a Crick in their Neck, that they cannot turn it unless they turn their whole Body. *Galen* saith, That the Roots and Leaves hereof are good for such persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the Rickets (or as the Colledge of Physicians would have it, the *Rachite*, about which name they have quarrelled sufficiently) in Children; being a Disease that hindreth their growth, by binding the Nerves, Ligaments, and whole structures of their Body.

The Fullers Thistle, or Teasel.

IT is so well known, that it need no Description, being used with the Clothworkers.

The wild Teasel is in all things like the former, but that the prickles are small, soft, and upright, not hooked or stiff, and the flowers of this are of a pale blush, or pale carnation colour, but of the matured kind whitish.

Place. The first groweth being sown in Gardens or Fields for the use of Clothworkers: The other neer Ditches and Cils of Water in many places of this Land.

Time. They flower in *July*, and are ripe in the end of *August*.

Government and Vertues. It is an Herb of *Venus*. *Dioscorides* saith, That the Root bruised and boyled in Wine until it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve and applied to the Fundament, doth heal the clefts thereof, as also Cankers & Fistulaes therein, and also taketh away warts and wens. The Juyce of the Leaves dropped into the Ears killeth worms in them. The distilled water of the Leaves dropped in the Eyes, taketh away redness and mists in them that hinder the sight; and is often used by Women to preserve their Beauty, and to take away redness and inflamations, and all other heat or discolorings.

Clefts, Cankers, Fistulaes, warts, wens, Worms, in the Ears, sight, Redness in the Face, Inflammation.

Treacle Mustard.

Description. IT riseth up with a hard round stalk about a foot high, parted into some branches, having divers soft green Leaves long and narrow set thereon, waved, but not cut in on the edges, broadest towards the ends, and somewhat round pointed: the flowers are white that grow at the tops of the branches, spike fashion one above another; after which come large round pouches, parted in the middle with a furrow, having of a blackish brown seed on either side, so newhat sharp in tast, & smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens, the Roots are small and threedy, perishing every year.

Give me leave here to add Methridate Mustard, although it may seem more properly by the name to belong to the Alphabet M.

Methridate

Methridate Muſtard.

Deſcript. *'Tis groweth higher than the former, ſpreading more and longer branches, whoſe Leaves are ſmaller and narrower, ſometimes wholly dented about the edges. The Flowers are ſmall and white, growing at the branches, with much ſmaller and rounder ſeed Veſſels after them, and placed in the ſame manner, having ſmaller brown ſeeds than the former, and much ſharper in taſt. The Root periſheth after ſeed time, but abideth the firſt winter after the ſpringing.*

Place. They grow in ſundry places of this Land; as half a mile from *Hatfield* by the River ſide under a Hedg as you go to *Hatfield*, and in the Street of *Peckham* on *Surry ſide*.

Time. They flower and ſeed from *May* to *Auguſt*.

Government and Vertues. Both of them are Herbs of *Mars*. Theſe Muſtards are ſaid to purge the Body both upwards and downwards, and procureth Womens Courſes ſo abundantly, that it ſuffocateth the Birth. It breaketh inward Impoſtumes, being taken inwardly, and uſed in Clyſters, helpeth the Sciatica: The Seed applied doth the ſame. It is an ſpecial Ingredient unto Methridate and Treacle, being of it ſelf an Antidote reſiſting Poyſon, Venom, and Putrifaction. It is alſo available in many caſes for which the common Muſtard is uſed, but ſomewhat weaker.

Purge the Body,
Terms provokes,
Impoſthumes,
Sciatica,
Poyſon, Venom,
Putrifaction.

The Black-Thorn, or Sloe-Buſh.

It is ſo well known, that it needeth no Deſcription.

Place. It groweth in every Country, in the Hedges and Borders of Fields.

Time. It flowreth in *April*, and ſometimes in *March*, but ripeneth the Fruit after all other Plums whatſoever, and is not fit to be eaten until the Autumn hath moſt mellowed them.

Government and Vertues. All the parts of the Sloe-buſh are binding, cooling and drying, and all effectual to ſtay bleeding at the Noſe and Mouth, or any other place; the Lask of the Belly or Stomach, or the bloody Flux, the too much abounding of Womens Courſes, and helpeth to eaſe the pains of the Sides, Bowels and Guts, that come by over-much ſcouring, to drink the Decoction of the Bark of the Roots, or more uſually the Decoction of the Berries either freſh or dried. The Conſerve is alſo of very much uſe, and more familiarly taken for the purpoſes aforeſaid. But the diſtilled Water of the Flowers firſt ſteeped in Sack for a night, and drawn therefrom by the heat of *Balneum, Anglice* a Bath, is a moſt certain Remedy tryed and approved to eaſe all manner of gnawings in the ſtomach, the Sides and Bowels, or any griping pains in any of them, to drink a ſmall quantity when the extremity of pain is upon them. The Leaves alſo are good to gargle Lotions, to gargle and waſh the Mouth and Throat, wherein

Binds, Cools, Dries, Bleeding, Flux.
Gnawings in the Stomach.
Sore Mouth and Throat.

in are swellings, Sores, Kernels, and to stay the Defluxions of Rheums to the Eyes or other parts, as also to cool the Heat and Inflammations of them and to ease hot pains of the Head, to bathe the Forehead and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate juyce of the Sloes. The distilled Water of the green Berries is used also for the said effects.

Thorough-wax, *or* Thorough-leaf.

Descript.] *Common Thoroughwax sendeth forth one straight round stalk, and sometimes more, two foot high and better, whose lower Leaves being of a blewish green colour, are smaller and narrower than those upon higher, and stand opposite thereto, not compassing it; but as they grow higher they do more and more encompass the stalks, until it wholy (as it were) pass through them, branching toward the top into many parts where the Leaves grow smaller again, every one standing singly, and never two at any joynt. The flowers are very small and yellow standing in tufts at the Heads of the branches, where afterwards grow the seed, being blackish, many thick thrust together, The Root is small, long and woody, perishing every year after seed time, and rising again plentifully of its own sowing.*

Place. It is found growing in many Corn fields, and Pasture grounds in this Land.

Time. It flowreth in *July*, and the Seed is ripe in *August*.

Government and Vertues. Both this and the former are under the Influence of *Saturn*. Thorough-wax is of a singular good use for all sorts of Bruises and Wounds either inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with water and Wine be drunk, and the places washed therewith, or the Juyce or green Herb bruised or boyled either by it self, or with other Herbs and Oyl or Hogs grease to be made into an Oyntment to serve all the year. The Decoction of the Herb, or the powder of the dried Herb taken inwardly, and the same, or the Leaves bruised and applied outwardly, is singular good to cure Ruptures and Burstings, especially in Children, before it be too old. Being applied with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

Bruises, Wounds, Ulcers, Ruptures, Navels sticking out.

Time.

IT is in vain to describe an Herb so commonly known.

Government and Vertues. It is a notable strengthner of the Lungs as notable an one as grows; neither is there scarce a better Remedy growing for that disease in Children which they commonly call the Chin-cough, than it is. It purgeth the body of Flegm, and is an excellent Remedy for shortness of Breath. It kills Worms in the Belly; and being a notable Herb of *Venus*, pro-

Lungs, Chin-cough, Flegm, shortness of Breath, worms, Terms prevoked, safe and speedy Delivery to

bates the Terms, gives safe and speedy Delivery to Women in Travel, Asa Woman in travel, and brings away the Afterbirth. terbirth, but Swelis so harmless, you need not fear the use of it. An lings, warts, Sciatica, Ointment made of it, takes away hot Swellings and Sight, Spleen, Gout, it helps the Sciatica, and dulness of sight, takes Cods swelled, Loins away the pains and hardness of the spleen; 'tis ex- and Hips. Stomach cellent good for those that are troubles with the Gout Expel wind also to anoint the Cods that are swelled. It easeth pains in the Loins and Hips. The Herb taken any way inwardly comforts the stomach much, and expels wind.

Wild Time, *or* Mother of Time.

WIld Time also is so well known, it needs no Description.

Place. It may be found commonly in Commons, and other barren places throughout the Nation.

Government and Vertues. This also is under the Dominion of *Venus*, though under the Sign of *Aries* and therefore chiefly appropriated to the Head. It provoketh Urin & the Terms, and easeth the griping pains of the Belly, Cramps, Ruptures, & Inflammations of the Liver. If you make a Vinegar of the Herb, as my Translation of the *London Dispensatory*, & anoint the Head with it, it presently stops the pains there- of. It is excellent good to be given either in a Frenzy or Lethargy, although they are two contrary diseases. It helps spitting and pissing of blood, Coughing and Vomiting, it comforts and strengthens the Head, Stomach, Reins and Womb, expels wind, and break the Stone.

urine provokes, Terms provokes pain and gripings of the Belly, Cramps, Ruptures, inflammations, Liver, pains of the Head, Frenzies, Lethargies, Blood, Coughing, Vomiting, Head strength, Mouth, Stomach, Reins, Womb, Wind, Stone.

Tormentil *or* Setfoyl.

Descript. THis hath many reddish, slender, weak branches rising from the Root, lying upon the ground, or rather leaning than standing upright with many short leaves that stand closer to the stalks than Cinquefoil do, (which this is very like) with the footstalk encompassing the branches in several places, but those that grow next to the ground are set upon long footstalks, each whereof are like the leaves of Cinquefoyl, but somwhat long and lesser, and dented about the edges, many of them divided but into five Leaves, but most of them into sevens, whence it is also called Setfoyl: yet some may have six, and some eight, according to the fertility of the soyl. At the tops of the branches stand divers small yellow Flowers consisting of five Leaves, like those of Cinquefoyl, but smaller. The Root is smaller than Bistort, somwhat thick but blacker without, and not so red within, yet sometimes a little crooked, having many blackish fibres thereat.

Place. It groweth as well in Woods and shadowy places, as in the open Champian

Champion Country, about the Borders of Fields in many places of this Land, and almost in every Broom Field in *Essex*.

Time. It flowreth all the Summer long.

Government and Vertues. This is a gallant Herb of the *Sun*. Tormentil is most excellent to stay all kinds of Fluxes of Blood or Humors in man or woman, whether at Nose, Mouth, Belly, or any Wound in the Veins or elsewhere. The Juyce of the Herb or Root taken in drink, not only resisteth all Poyson and Venom of any Creature, but of the Plague it self, and Pestilential Fevers, and contagious Diseases, as the Pox, Measles, Purples, &c. expelling the Venom & Infection from the Heart by sweating, if the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every morning. The Decoction likewise of the Herb and Roots made in Wine and drunk worketh the same effect; and so doth the distilled water of the Herb and Root being steeped in Wine for a night, and then distilled in *Balneo Mariæ*. The water thus distilled taken with some Venice Treacle, and the party presently laid to sweat, will certainly (with Gods help) expel any Venom or poyson, or the Plague, Feaver, &c. for it is an Ingredient of especial respect in all Antidotes or Counterpoyson. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen or blood than this, to be taken inwardly or applied outwardly. The Juyce taken, doth wonderfully open obstructions of the Liver and Lungs, and thereby in short space helpeth the yellow Jaundice: some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomitings with loathings in the stomach. The powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valesius* is of opinion, That the Decoction of this Root is no lesse effectual to cure the *French* Pox than *Guajacum* or *China*; and 'tis not unlikely, because it so mightily resisteth putrifaction. *Lobel* saith, That *Rondeletius* used it as Hermodactils for Joynt-aches: the powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured Remedy against Abortion in Women, if it proceed from the over fluxibility or weakness of the inward retentive faculty: as also a Plaister made therewith and Vinegar, applied to the Reins of the Back, doth much help, not only this, but also those that cannot hold their Water, the Powder being taken in the Juyce of Plantane: and it is also commended against the Worms in Children. It is very powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with Pellitory of Spain and Allum, and put into an hollow Tooth, not only assuageth pain, but stayeth the Flux of Humors which caused it. Tormentil is no lesse effectual and powerful a Remedy for outward Wounds, Sores and Hurts,

Flux,
Bleeding,
Veins cut,
Terms,
stops,
Feavers,
Pestilence,
Small Pox,
Measles,
Purples,
Poyson,
Spleen,
Blood inflamed,
Liver,
Lungs,
Yellow Jaundice,
French Pox,
Miscariage,
Diabetes,
Worms,
Rupture,
Toothach,
Wound,
Sore,
Hurts,
Gout,
Scabby Heads.

this

...n for inward, and is therefore a special Ingredient meet to be used in ...ound-drinks, Lotions and Injections for foul corrupt rotten Sores and Ul... of the Mouth, Secrets, or other parts of the Body. And to put either the ...yce or Powder of the Root into such Oyntments, Plaister-, and such things ...t are to be applied to Wounds and Sores. It also dissolveth all Knots, ...mels, and hardness gathered about the Ears and Throat, and Jaws, and the ...ngs-Evil, if the Leaves and Roots be bruised and applied thereto. The ...e also easeth the pains of the Sciatica or Hip Gout by restraining the ...rp Humors that flow thereto. The Juyce of the Leaves and Roots used ...h a little Vinegar, is also a special Remedy against the running Sores ...the head or other parts, Scabs also and the Itch, or any such Eruptions ...the skin proceeding of salt and sharp humors. The same also is effectual ...the Piles or Hemorrhoids, if they be washed and bathed therewith, or ...h the distilled Water of the herb and roots. It is found also helpful to ...y up any sharp Rheum that distilleth from the Head into the Eyes, cau...g redness, pain, waterings, Itching, or the like, if a little prepared *Tutia* ...e like *Amber* be used with the distilled Water thereof. Many Women ...e this Water as a secret to help themselves and others when they are ...ubled with too much flowing of the Whites or Reds, both to drink it, and ...ect it with a Syringe. And here's enough, only remember the Sun chal...geth the Herb.

Turnsole, *or* Heliotropium.

Discription.] *THe greater* Turnsole *riseth up with one upright stalk about a foot high, or more, dividing it self almost from the bottom into divers smaller branches, of a hoary colour: at each joynt of the stalk and branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the stalks and branches stand many small white flowers, consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inwards like a bowed finger, opening by degrees as the flowers blow open; after which, in their places come forth round seed, four for the most part standing together. The Root is small and thriddy, perishing every year, and the seed shedding every year, raiseth it again the next Spring.*

Place. It groweth in Gardens, and Flowreth and seedeth with us in *England*, notwithstanding it is not natural to this Land, but to *Italy*, *Spain*, and *France*, where it groweth plentifully.

Government and Vertues.] 'Tis an Herb of the *Sun*, and a good one too. *Dioscorides* saith, That a good handful of this, which is called the great *Turnsole*, boyled in Water and drunk, purgeth both Choler and Flegm. And boyled with Cummin and drunk, helpeth the stone in the Reins, Kidnies or Bladder, provoketh Urine and womens Courses, and causeth an easie and speedy Delivery in Childbirth. The Leaves bruised and applied to places pained with the Gout, or that have been out of joynt, and newly set, are full of

Choler, Flegm, Dissury, Terms provoked, Gouts, Warts, Wens, Disjunctures.

pain, do give much ease. The Seed and Juyce of the Leaves also rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the body, will by often using take them away.

Meadow Trefoyl, or Honey-suckles.

IT is so well known, especially by the name of Honey-suckles, white or red, that I need not describe them.

Place. They grow almost every where in the Land.

Government and Vertues. *Mercury* hath Dominion over the common sorts. *Dodoneus* saith, the Leaves and Flowers are good to ease the grievous pains of the Gout, the Herb being boyled and used in a Clyster. If the Herb be made into a Pultis, and applied to hot Inflamations, flammations, it will ease them. The Juyce dropped into the Eyes, is a familiar Medicine with many Country-people to take away the Pin & Web (as they call it) in the Eyes, it allayeth the heat and blood-shooting of them. Country people do also in many places drink the Juyce thereof against biting of an Adder, and having boyled the Herb in water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The herb also boyled in Swines grease, and so made into an Oyntment, is good to apply to the biting of any venomous Creature. The herb also bruised and heated between two tiles, and applied hot to the share, easeth them to make water who had it stopped before. It is held likewise to be good for Wounds, and to take away Seed. The Decoction of the herb and flowers with the Seed and Root taken sometimes, helpeth Women that are troubled with the Whites. The Seed and Flowers boyled in water, and made into a Pultis with some Oyl and applied, helpeth hard Swellings and Impostumes.

Belly-ach, Inflamations, Pin and web, Eyes.

Venomous Beast, Dysury, Wounds, Scars, Whites, Swellings, Apostumes.

Heart Trefoyl.

BEsides the ordinary sorts of Trefoyl, here are two more remarkable, and one of which may probably be called Heart-Trefoyl, not only because the leaf is triangular like the heart of a man, but also because each leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a flesh color.

Place. It groweth in a Field between *Longford* and *Row*, and also beyond *Southwark* toward *Croydon*, both by the high-way and parts adjacent.

Government and Vertues. It is under the Dominion of the *Sun*, and if it were used, it would be found as great a strengthener of the Heart, and cherisher of the vital Spirit as grows, relieving the Body against Faintings, and Swoonings, fortifying it against Poysons and Pestilence, and defending the Heart against the noisom Vapors of the Spleen.

Heart strengtheneth, vital Spirit, Fainting, Swooning, Poyson, Pestilence, evil Vapors.

PEARL-

Pearl-Trefoyl.

IT differs not from the common sort, save only in this one particular, that it hath a white spot in the Leaf like a Pearl: It is particularly under the Dominion of the *Moon*, and its Icon sheweth it is of singular Vertue against the Pearl, or Pin and Web in the Eyes.

Pin and Web in the Eyes.

Tutsan, *or* Park Leaves.

Descript. IT hath many brownish shining round stalks, crested all the length thereof, rising to be two, and sometimes three foot high, branching forth even from the bottom, having divers Joynts, and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper side, and of a yellowish green underneath, turning reddish towards *Autumn*, but abiding on the branches all the Winter: At the tops of the stalks and branches stand large yellow flowers, and Heads with seed, which being greenish at the first, and afterwards reddish, turn to be of blackish purple colour when they are ripe, with small brownish seed within them, and then yield a reddish juyce or Liquor, of a reasonable good scent, somewhat resinous, and of an harsh and stiptick tast, as the Leaves also and the flowers be, although much less, but do not yield such a cleer Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great, hard, and woody, spreading wel in the ground.

Place. It groweth in many Woods, Groves, and woody Grounds, as Parks and Forrests, and by Hedg sides in many places of this Land, as in Bentled Wood; by *Ratley* in *Essex*, in the Wield of *Kent*, and in many other places needless to recite.

Time. It flowreth later than St. *Johns*, or St. *Peterswort*.

Government and Vertues. It is an Herb of *Saturn*, and a most noble Antivenerian. *Tutsan* purgeth Cholerick humors as St. *Peters* wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: It stayeth also the bleeding of wounds, if either the green Herb be bruised, or the Powder of the dry be applied thereto. It hath been accounted and certainly it is a soveraign Herb to heal any wound or sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balms, Oyls, Oyntments for any sort of green wounds, or old Ulcers or sores, in all which the continual experience of former Agues hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physitians and Chyrugions were so wise as to use Herbs more than now they do.

Choler, Sciatica, Gout, Burning, Bleedings, wounds, ulcers.

Garden Valerian.

Descript. THis hath a thick short grayish Root lying for the most part above ground, shooting forth on all side; other such like small

tieth

pieces or Roots, which have all of them many long and great strings or fibres under them, in the ground, whereby it draweth nourishment. From the Heads of these Roots spring up many green Leaves, which at first are somewhat broad and long, without any division at all in them, or denting on the edges; but those that rise up after are more and more divided on each side, some to the middle Rib, being winged, as made of many Leaves together on a stalk, and those upon the stalk in like manner are more divided, but smaller towards the top than below; the stalk riseth to be a yard high or more, sometimes branched at the top with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white seed that is easily carried away with the wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place. It is generally kept with us in our Gardens.

Time. It flowreth in *June* and *July*, and continueth flowering untill the frost pulls it down.

Government and Vertues. This also is under the Influence of *Mercury*. *Dioscorides* saith, That the Garden Valerian hath a warming Faculty, and that being dried and given to drink, it provoketh Urine, and helpeth the Strangury: The Decoction thereof taken, doth the like also, and taketh away pains of the sides, provoketh Womens Courses, and is used in Antidotes. *Pliny* saith, That the Powder of the Root given in drink, or the Decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body, whether they proceed of pains in the Chest or Sides, and taketh them away. The Root of Valerian boyled with Liquoris, Raisins, and Anise seed, is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venomous Creature, being boyled in Wine. It is of speciil Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto. It helpeth also to expel the Wind in the Belly. The green Herb with the Root taken fresh, being bruised and applyed to the Head, taketh away the pains and prickings therein, stayeth Rhewm and thin Distillations, and being boyled in white Wine, and a drop thereof put into the Eye, taketh away the dimness of the sight, or any Pin or Web therein: It is of excellent property to heal any inward sores or wounds, as also for outward Hurts or Wounds, and draweth any Splinter or Thorn out of the flesh.

Dysury, Strangury, Stitch, Terms provokes, Breast, Short Wind, Cough, Flegm, Pestilence, Wind.

Head-ach, Eyes, Pin and Web, Wounds, Splinters, Thorns.

Vervain.

Descript. The common Vervain *hath somewhat long and broad Leaves next the ground deeply gashed about the edges, and set a little deeply dented, or cut all alike, of a blackish green colour on the upper side*

somewhat gray underneath: The Stalk is square, branched into several part, ing about two foot high, especially if you reckon the long spike of Flowers at tops of them, which are set on all sides one above another, and sometimes or three together, being small and gaping, of a purplish blue colour, and intermixt, after which come small round Seed in small and somewhat long ds: The Root is small and long, but of no use.

Place. It groweth generally throughout this Land in divers places by the ges and Way sides, and other wast grounds.

Time. It flowreth about *July*, and the seed is ripe soon after.

Government and Vertues. This also is an Herb of *Venus*, and an excel- Herb for the Womb, to strengthen it, and remedy all the cold griefs of Plantane doth the hot, the Herb bruised and hung about the Neck, helps Head-ach. Vervain is hot and dry, bitter, opening Ob- ructions, cleansing, and healing; It helpeth the yellow undice, the Dropsie, and the Gout, the defects of the ins and Lungs, and generally all inward pains and ments of the Body, the Leaves being boyled and drunk. same is held to be good against the bitings of Ser- s, and other Venomous Beasts; and against the Plague both Tertian and Quartan Agues, killeth and expelleth rms in the Belly, and causeth a good colour in the Face Body, strengthneth as well as correcteth the Diseases the Liver and Spleen, is very effectual in all Diseases he Stomach and Lungs, Coughs, Shortness of Breath, Wheesings, and is singular good against the Dropsie, drunk with some Peony seed bruised and put thereto: is no less prevalent for the defects of the Reins & Blad- , to cleanse them of those Humours that ingender the e, and helpeth to break the Stone, and to expel Gra- : It consolidateth and healeth also all Wounds both in- d and outward, and stayeth bleedings, and used with Honey, healeth all old Ulcers and Fistulaes in the or other parts of the Body, as also those Ulcers that happen in the th; or used with old Hogs grease, it helpeth the swellings and pains of secret parts in Man or Woman, as also for the Piles & Hemorrhoids: plied with some Oyl of Roses and Vinegar unto the Forehead & Tem- , it easeth the inveterate pains and Ach of the Head, and is good for e that are Frantick. The Leaves bruised, or the juyce of them mixed h some Vinegar doth wonderfully cleanse the Skin, and taketh away rphew, Freckles, Fistulaes, and other such like Inflammations and de- mities of the Skin in any part of the Body. The distilled Water of the rb when it is in his full strength, dropped into the Eyes, cleanseth them m Films, Clouds or Mist, that darken the sight, and wonderfully streng- neth the Optick Nerves: The said Water is very powerful in all the eases aforesaid either inward or outward, whether they be old corroding s, or green Wounds.

Obstructions, cleansing, Healing, yellow Jaundice, Venomous Beasts, Pestilence, Agues, Worms, Cough, Shortness of Breath, wheesing, Stone, Gravel, Reins, Bladder, Womb, Dropsie, Bleeding, Wounds, Ulcers, Fistulaes, Head-ach, Frenzy, Morphew, Freckles, Eyes.

The

The Vine.

THe Leaves of the English Vine (I do not intend to send you to the Canaries for a Medicine) being boyled, make a good Lotion for sore Mouths, being boyled with Barley Meal into a Pultis, it cools Inflammations of Wounds, the dropping of the Vine when 'tis cut in the spring, which Country people call Tears, being boyled into a syrup with Sugar and taken inwardly, is excellent to stay Womens Longings after every thing they see, which is a Disease many Women with Child are subject to. The Decoction of Vine Leaves in white Wine doth the like: And the Tears of the Vine drunk, two or three spoonfuls at a time, break the Stone in the Bladder. This is a very good Remedy, and it is discreetly done to kill a Vine to cure a man: But the salt of the Leaves is held to be better. The Ashes of the burnt branches will make teeth that are black as a cool to be as white as snow; if you do but every morning rub them with it, It is a most gallant tree of the Sun very sympathizing with the body of man: and that's the reason, Spirit of wine is the greatest Cordial amongst all Vegetables.

Sore Mouths, Inflamations, Womens longing, Stone, Teeth black.

Violets.

BOth the Tame and Wild are so well known, that they need no Description.

Time. They flower until the end of *July*, but are best in *March* and the beginning of *April*.

Government and Vertues.] They are a fine pleasant plant of *Venus*, of a mild nature, no way harmfull. All *Violets* are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix, or Fundament, in Impostumes also, and hot swellings to drink the Decoction of the Leaves or flowers made with water in wine, or to apply them pultis wise to the grieved place; it likewise easeth pains in the Head caused through want of sleep, or in any other place arising of heat, being applied in the same manner, or with Oyl of Roses. A dram weight of the dryed Leaves or Flowers of Violets (but the Leaves more strongly) doth purge the Body of Cholerick Humors, and asswageth the heat being taken in a draught of Wine or any other drink: The powder of the purple Leaves of the Flowers only picked and dryed, and drunk in Water is said to help the Quinsie, and the Falling-sickness in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripened dissolve swellings. The Herb or Flowers while they are fresh or

Inflamation, Eyes, Womb, Headach, Choler, Quinsie, Falling sickness, Swellings, Pleurisie, Phlegm, Hoarseness, Throat, Back, Reins, Bladder, Thirst, Heart.

Flowers when they are dry, are effectual in the Pleurisie, and all Diseases of the Lungs, to lenifie the sharpness of hot Rhewms, and the Hoarsness of the Throat; the heat also and sharpness of Urin, and all paine of the Back or Reins, and the Bladder. It is good also for the Liver and the Jaundice, and in all hot Agues to cool the head and quench the thirst: but the Syrup of Violets is of most use, and of better effect, being taken in some convenient Liquor; and if a little of the Juyce or Syrup of Lemmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerfull to cool the heat, and quench the thirst, and giveth to the drink a Claret Wine color, and a fine tart relish, pleasing the taft. Violets taken, or made up with Honey, do more cleanse than cool; and with Sugar contrariwise. The dried Flowers of Violets are accounted among the Cordial Drinks, Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs, to make Plaisters and Poultisses for Inflamations and Swellings, and to ease paine whereſoever, arising of heat, and for the Piles also, being fried with Yolks of Eggs, and applied thereto.

Vipers Bugloss

Descript.] *This hath many long rough Leaves lying on the ground, from among which rise up divers hard rough stalks, very rough as if they were thick set with prickles or hairs, whereon are set such like long rough hairy or prickly sad green Leaves, somewhat narrow, the middle Rib for the most part being white. The Flowers stand at the top of the stalk, branched forth into many long spiked Leaves of Flowers, bowing or turning like the Turnsole all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet color in them that are fully blown, but more reddish while they are in the Bud, as also upon their decay and withering: but in some places of a paler purple color, with a long pointel in the middel, feathered or parted at the top. After the flowers are fallen, the seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward seed time, and perisheth in the Winter.*

There is another sort little differing from the former, onely in that it beareth white Flowers.

Place.] The first groweth wild almost every where. That with white Flowers about the Castle walls in *Lewes in Sussex*.

Time.] They flower in Summer, and their Seed is ripe quickly after.

Government and Vertues.] It is a most gallant Herb of the *Sun*, it is pity it is no more in use than it is. It is an especial Remedy against the biting of the Viper, and all other venomous Beasts or Serpents, as also against poyson and poysonful herbs. *Dioscorides* and others say, that whosoever shall taste of the Herb or Root before they be bitten, shall not be hurt by the poyson of the Serpent. The Roots or Seed

Venomous Beasts, Poyson, Sadness, Melancholy, Agues, Milk,

Loins, Back, Kidnies. are thought to be most effectual to comfort the Heart, and expel sadness, or cause less Melancholy, it tempers the blood, and allayeth hot fits of Agues. The Seed drunk in Wine, procureth abundance of Milk in Womens Breasts. The same also being taken, easeth the pains in the Loins, Back and Kidnies. The distilled Water of the Herb when it is in Flower, or his chiefest strength, is excellent to be applied either inwardly or outwardly for all the Griefs aforesaid. There is a Syrup made hereof very effectual for the comforting of the Heart, and expelling Sadness and Melancholy.

Wall-Flowers, or Winter Gilli-Flowers.

THe Garden kinds are well known that they need no Description.

Descript.] *The common single Wall-Flowers, which grow wild about, have sundry small, long, narrow, and dark green Leaves, set without order, upon small, round, whitish, woody stalks, which bear at the tops divers single yellow Flowers one above another, every one having four Leaves apiece, and of a very sweet scent: after which come long pods, containing reddish seed. The Root is white, hard and thready.*

Place. It groweth upon Church-walls, and old wals of many houses, and other stone walls in divers places. The other sorts in Gardens only.

Time. All the single kinds do flower many times in the end of Autumn, and if the Winter be mild all the Winter long, but especially in the months of *February*, *March* and *April*, and until the heat of the Spring do spoil them. But the double kinds continue not flowering in that manner all the year long, although they flower very early sometimes, and in some place very late.

Government and Vertues. The *Moon* rules them. *Galen* in his seventh Book of simple Medicines, saith that the yellow Wall-flowers work more powerfully than any of the other kinds, and is therefore of more use in Physick. It cleanseth the blood, and freeth the Liver and Reins from Obstructions, provoketh Women Courses, expelleth the Secundine and dead Child, helpeth the hardness and pains of the Mother, and of the Spleen also, stayeth Inflammations and Swellings, comforteth and strengtheneth any weak part, or out of Joynt: helpeth to cleanse the Eyes from mistiness and Films on them, and to cleanse foul and filthy Ulcers in the Mouth, or any other part, and is a singular Remedy for the Gout, and all Aches and pains in the Joynts and Sinews. A Conserve made of the Flowers is used for a Remedy both for the Apoplexy & Palsie.

Obstructions, Liver, Terms provoker, After-birth, Child, Spleen, weakness, Disjuncture, Gout, Sinews, Apoplexy, Palsie.

The Walnut Tree.

IT is so well known, that it needeth no Description.

Time.] It blossometh early, before the Leaves come forth, and the Fruit is ripe in *September*.

Govern-

Government and Vertues.] This also is a Plant of the *Sun*. Let the fruit of it be gathered accordingly, which you shall find to be of most Vertues whilst they are green before they have shells. The Bark of the Tree doth bind and dry very much, and the Leaves are much of the same temperature: but the Leaves when they are older, are heating and drying in the second degree, and harder of digestion than when they are fresh, which by reason of their sweetness, are more pleasing, and better digesting in the stomach: and taken with sweet Wine, they move the Belly downwards: but being old, they grieve the stomach; and in hot bodies cause Choler to abound, and the Headach, and are an enemy to those that have the Cough: but are less hurtful to those that have a colder stomach, and are said to kill the broad worms in the Belly or stomach. If they be taken with Onions, Salt and Honey, they help the biting of a mad Dog, or the Venom, or infectious poyson of any beast, &c. *Cneus Pompeius* found in the Treasury of *Mithridates* King of *Pontus*, when he was overthrown, a Scrowl of his own hand writing, containing a Medicine against any poyson and Infection, which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rew bruised and beaten together with two or three corns of Salt, and twenty Juniper berries, which taken every morning fasting, preserveth from danger of poyson and infection that day it is taken. The Juyce of the other green Husks boyled with Honey, is an excellent Gargle for sore Mouths, the heat and Inflamation in the Throat and Stomach. The Kernels when they grow old, are more oyly, and therefore not so fit to be eaten, but are then used to heal the wounds of the Sinews, Gangrenes and Carbuncles. The said Kernels being burned, are then very astringent, & will then stay Lasks and Womens Courses, being taken in red Wine: and stay the falling of the Hair, and make it fair, being anointed with Oyl and Wine. The green Husks will do the like, being used in the same manner. The Kernels beaten with Rew and Wine, being applied, helpeth the Quinzy: and bruised with some Honey, and applied to the Ears, easeth the pains and Inflamations of them. A piece of the green Husks put into a hollow Tooth, easeth the pains. The Catkins thereof taken before they fall off, dried, and given a dram thereof in Powder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inwardly like Oyl of Almonds, to help the Cholick, and to expel wind very effectually, an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak Stomachs, or Defluxions thereon. The distilled Water of the green Husk before they be half ripe is of excellent use to cool the heat of Agues, being drunk an ounce or two at a time; as also to resist the infection of the Plague, if some thereof be also applied to the Sores thereof. The same

Birds, Dries, Worms, Poyson, Epidemical Diseases, Inflamation in the Throat, Wounds of the sinews, gangrenes, Carbuncles, Flux, terms stop, Baldness, Quinzie, Toothach, Mother, Cholick, Wind, Agues, Deafness, Ears.

also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith. The distilled water of the green husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by Experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafness, the noise and other pains in the Ears. The distilled water of the young green Leaves in the end of *May*, performeth singular Cure on foul running Ulcers and Sores, to be bathed with rag cloaths or spunges applied to them every morning.

Wold, Weld, or Dyers Weed.

Descript. *The common kind groweth bushing with many Leaves, long, narrow, and set upon the ground, of a dark blewish green colour, somewhat like unto Woad, but nothing so large, a little crumpled, and as it were round pointed, which do abide the first year: and the next Spring, from among them rise divers round stalks two or three foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spiked head at the tops of them, where afterwards come the seed, which is small and black, inclosed in Heads that are divided at the tops into four parts. The Root is long, white, and thick, abiding the Winter. The whole Herb changeth to be yellow after it hath been in flower a while.*

Place. It groweth every where by the way sides, in moist Grounds as well as dry, in Corners of Fields and by-Lanes, and sometimes all over the Field. In *Sussex* and *Kent* they call it Green weed.

Time. It is in Flower about *June*.

Government and Vertues. *Mathiolus* saith, That the Root hereof cutteth tough Flegm, digesteth raw Flegm, thinneth gross Humors, dissolveth hard Tumors, and openeth Obstructions. Some do highly commend it against the bitings of venomous Creatures, to be taken inwardly, and applied outwardly to the hurt place: as also for the Plague or Pestilence. The people in some Countries of this Land, do use to bruise the herb, and lay it to Cuts or Wounds in the Hands or Legs to heal them.

Flegm, Humors, Tumors, Venomous, Beasts, Pestilence, Worms.

Wheat.

ALL the several kinds hereof are so well known unto almost all people that it is altogether needless to write any Description thereof.

Government and Vertues. It is under *Venus*. *Dioscorides* saith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat roasted upon an Iron Pan, and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth all Tetters and Ring-worms, being used warm, and hereby *Galen* sa-

Cold, Tetters, Ring-worms, Ulcers,

saith, he hath known many to be cured. *Matthiolus* commendeth *Chops in* the same Oyl to be put into hollow Ulcers to heal them up, and *the Hands* it is good for Chops in the Hands or Feet, and to make rugged *and Feet,* Skin smooth. The green Corns of Wheat being chewed, and *mad Dogs,* applied to the place bitten by a mad Dog, healeth it. Slices *Eyes,* of Wheat Bread soaked in red Rose-water, and applied to the *Kings-* Eyes that are hot, red, and inflamed, or blood-shotten, helpeth *Evil,* them. Hot Bread applied for an hour at a time for three dayes *Sinews,* together, perfectly healeth the Kernels in the Throat com- *Pestilence,* monly called the Kings-Evil. The flour of Wheat mixed *Scabs,* with the Juyce of Henbane, stayeth the Flux of Humors to the *Leprosie,* joynts being laid thereon. The said Meal boyled in Vinegar, *venomous* helpeth the shrinking of the Sinews saith *Pliny*: and mixed with *Beasts,* Vinegar and Honey boyled together, healeth all Freckles, Spots, *Cods,* and Pimples on the Face. Wheat flour mixed with the Yolk *Hoarse-* of an Egg, Honey, and Turpentine, doth draw, cleanse and heal *ness.* any Boyl, Plague-sore, or foul Ulcer. The Bran of Wheat meal steeped in sharp Vinegar, and then bound in a linnen cloth, and rubbed on those places that have the Scurf, Morphew, Scabs, or Leprosie, will take them away, the body being first well purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good use to bath those places that are burst en by a Rupture: and the said Bran boyled in good Vinegar, and applied to swoln Breasts, helpeth them, and stayeth all Inflamations. It helpeth also the bitings of Vipers (which I take to be no other than our English Adder) and all other venomous Creatures. That Leaves of Wheat meal applied with some Salt, taketh away hardness of the Skin, Warts, and hard Knots in the flesh. Starch moistned with Rose water, and laid to the Cods, taketh away their Itching. Wafers put in water and drunk, stayeth the Lask and bloody Flux, and is profitably used both inwardly and outwardly for the Ruptures in Children. Boiled in water unto a thick Jelly and taken, it stayeth spitting of blood: and boyled with Mints and Butter, it helpeth the Hoarsness of the Throat.

The Willow Tree.

THese are so wel known, that they need no Description, I shall therefore only shew you the Vertues thereof.

Government and Vertues.] The Moon owns it. Both the Leaves, Bark, and the Seed, are used to stanch Bleeding of Wounds, and at Mouth and Nose, Spitting of Blood, and other Fluxes of Blood in man or woman, and to stay Vomiting, and provocation thereunto, if the Decoction of them in Wine be drunk. It helpeth also to stay thin, hot, sharp, salt Distillations from the head upon the Lungs causing a Consumption. The Leaves bruised with some Pepper, and drunk in Wine, much helpeth the wind Collick. The Leaves bruised and boyled in Wine and drunk, stayeth the heat of Lust in man or woman,

Spitting of blood, Flixes of blood, Vomiting, Distillations on the Lungs, Wind, Collick, heat of

Lust, dimness of Sight and other Diseases in the Eyes, clear the Face, dry up Humors, Warts, Corns and superfluous Flesh, Scurf or Dandrif, Feaver.

of Woman, and quite extinguisheth it, if it be long used: the Seed is also of the same effect. The Water that is gathered from the Willow when it flowreth, the Bark being slit, and a fitting Vessel to receive it, is very good for redness and dimness of Sight, for Films that grow over the Eyes, and slay the Rhewms that fall into them; to provoke Urin being stopped, if it be drunk; and to clear the Face and Skin from spots and discolorings. *Galen* saith, the Flowers have an admirable faculty in drying up humors, being a Medicine without any sharpness or corrosion. You may boyl them in white Wine, and drink as much as you will (so you drink not your self drunk) The Bark works the same effects, if used in the same manner; and the Tree hath alwaies a Bark upon it, though not alwaies Flowers. The burnt ashes of the Bark being mixed with Vinegar, take away Warts, Corns and superfluous flesh, being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by washing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

Woad.

Descript. *It hath divers large Leaves, long and somewhat broad withal, like to those of the greater Plantane, but larger, thicker, of a greener colour, and somewhat blew withal. From among which Leaves riseth up a lusty stalk, three or four foot high, with divers Leaves set thereon; the higher the stalk riseth the smaller are the Leaves: at the top it spreadeth into divers branches, at the end of which appear very pretty little yellow Flowers, and after they pass away like other Flowers of the Fields, come Husks, long, and somewhat flat withal, in form resembling a Tongue; in colour, they are black, and they hang bobbing downwards. The seed contained within those Husks (if it be a little chawed) gives an azure colour. The Root is white and long.*

Place. It is sowed in Fields for the benefit of it, where those that sow it, cut it three times a year.

Time. It flowreth in *June*, but is long after before the Seed is ripe.

Gove xment and Vertues.] It is a cold and dry Plant of *Saturn*. Some people affirm the Plant to be destructive to Bees, which if it be, I cannot help it. They say it poisoneth Bees with the Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures, I should rather think it poisoneth them with the contrary Disease, the Herb being exceeding drying and binding. However if any Bees be diseased thereby, the cure is to set Urin by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied, if you put pieces of Cork in it. I told you before the herb was drying and binding, and so drying and binding, that it is not fit to be given inwardly. An Ointment made thereof stancheth bleeding. A Plaister made thereof, and applied to the Region of the Spleen,

and I pray you take notice that the spleen lies on the left side) takes away the hardness and pains thereof: The Oyntment is excellent good in such Ulcers as abound with moisture, and takes away the corroding and fretting Humors: It cools Inflamations, quencheth St. *Anthonies* fire, and stayeth Defluxions of Blood to any part of the Body.

Bleeding, Spleen Ulcers, Inflamations, St. Anthonies fire, Defluxions of Blood.

Woodbind, *or* Honey-suckles.

IT is a Plant so common, that every one that hath Eyes, knows them, and he that hath none, cannot read a Description if I should write it.

Time. They flower in *June*, and the fruit is ripe in *August*.

Government and Vertues.] Doctor *Tradition*, that grand Introducer of Errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reason*, hath taught the common People to use the Leaves and flowers of this Plant in Mouth waters, and by long continuance of time hath so grounded it in the Brains of the Vulgar, that you cannot beat it out with a Beetle: All Mouth water ought to be cooling and drying, but Honeysuckles are cleansing, consuming, and digesting, and therefore no wayes fit for Inflamations: Thus Doctor *Reason*. Again, If you please we will leave Doctor *Reason* a while, and come to Doctor *Experience*, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a sore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something, for God and nature made nothing in vain: It is an herb of *Mercury*, and appropriated to the Lungs; the Cælestial *Crab* claims Dominion over it, neither is it a Foe to the *Lyon*: If the Lungs be afflicted by *Jupiter*, this is your Cure: it is fitting a Conserve made of the Flowers of it, were kept in every Gentlewomans House: I know no bether Cure for an Asthma than this: Besides, it takes away the evil of the spleen, provokes Urin, procures speedy delivery to Women in Travel, helps Cramps, Convulsions, and Palsies, and whatsoever griefs come of cold or stopping: If you please to make use of it in an Oyntment, it will cleer your Skin of Morphew, Freckles, and Sunburning, or whatsoever else discolours it, and then the Maids will love it. I have done when I have told you what Authors say, and cavilled a little with them: they say, the Flowers are of more effect than the Leaves, and thats true: but they say, the seeds are least effectuall of all: but Dr. *Reason* told me, that there was a Vital Spirit in every seed to beget its like; and Dr. *Experience* told me, that there was a greater heat in a seed than there was in any other part of a Plant, and withal, that Heat was the Mother of Action, and then judge if old Dr. *Tradition* (who may well be honoured for his Age, but not for his Goodness) hath not so poysoned the World with his Errors before I was born, that it was never well in its wits since, and there is great fear it will die mad.

Lungs afflicted, Asthma, Spleen, Provokes Urin and speedy delivery in Childhirth, Cramps, Convulsions and Palsies, Freckles, and Sunburning.

Wormwood.

THree Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at: And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicum*, *Narbonese*, *Xantonicum*, *Maritimum*, and a matter of twenty more, which I will not blot Paper with. A Papist got the Toy by the end, and he called it Holy Wormwood, and in truth, I am of Opinion, their giving so much Holiness to Herbs, is the reason there remains so little in themselves. The seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakest; but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money; and that's the Key of the Work. The Herb is good for something, because God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reason? Then thus: The seeds of the common Wormwood are far more prevalent than the seed of this to expel worms in Children, or people of ripe age: Of both, some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be the fittest for weak Bodies (for it is weak enough in all conscience.) Let such as are strong take the common Wormseed, for the other will do but little good. Again, neer the Sea many people live, and *Seriphium* grows neer them, and therefore is more fitting for their Bodies, because nourished by the same Air; and this I had from Dr. *Reason*. In whose Body Dr. *Reason* dwells not, dwells Dr. *Madness*, and he brings in his Brethren, Dr. *Ignorance*, Dr. *Folly*, and Dr. *Sickness*, and these together make way for Dr. *Death*, and the latter end of that man is worse than the beginning. Pride was the cause of *Adam's* Fall; Pride begat a Daughter, I do not know the Father of it unless the Devil, but she christned it, and call'd it *Appetite*, and sent her Daughter to taste these Wormwoods, who finding this the least bitter, made the squeamish Wench extol it to the skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this: It is weakest, therefore fitter for weak Bodies, and fitter for those Bodies that dwell neer it, than those that live far from it: my reason is, The Sea (as those that live far from it, know when they come neer it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphium* by the Sea-side, as a fit Medicine for the Bodies of those that live neer it. Lastly, it is known to all that know any thing in the Course of Nature, that the Liver delights in sweet things, if so, it abhors bitter; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy: if the Liver be weak, a Consumption follows: Would you know the reason? 'tis this: A mans Flesh is repaired by Blood, by a third Concoction, which transmutes Blood into Flesh; ('tis well said [Concoction] for I had like to [Boyling] every Cook would have understood me.) The Liver

makes blood, and if it be weakned that it makes not enough, the flesh wasteth; and why must flesh alwayes be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependency upon another: And why did he so? Because himself only is permanent, to teach us, That we should not fix our affections upon what is transitory, but upon what endures for ever. The result of all is this, If the Liver be weak, and cannot make blood enough (I would have said [*Sanguisie*] if I had written only to Scholars.) The *Striphiae* which is the weakest of Wormwoods, it is better than the best. I have been Critical enough, if not too much.

Place. It grows familiarly in *England* by the Sea-side.

Descript. *It starts up out of the earth with many round, woody, hoary stalks from one root, its height is four foot high, or three at the least. The leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in similitude like* Southernwood. *only broader and longer, in tast rather salt than bitter, because it grows so neer the salt water: At the joynts with the leaves toward the tops it bears little yellow Flowers. The Root lies deep, and is woody.*

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, seing it grows familiarly in *England*? It may be it was so called because 'tis good for a stinking breath which the Romans cannot be very free from, maintaining so many Baudy houses by authority of his Holiness.

Descript. *The stalks are slenderer and shorter than the common Wormwood by one foot at least; the leaves are more finely cut and divided than they are, but something smaller; both leaves and stalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common Wormwood, save only in bigness, for it is smaller; in tast, for 'tis not so bitter; in smell, for it is spicy.*

Place. It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis Natural' but usually nursed up in Gardens for the use of the Apothecaries in *London*.

Time. All Wormwoods usually flower in *August*, a little sooner or later.

Government and Vertues. Will you give me leave to be critical a little? I must take leave: Wormwood is an herb of *Mars*, and if *Pontanus* say otherwise, he is beside the Bridge. I prove it thus: What delights in Martial places, is a Martial herb; but Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it) *Ergo* it is a Martial herb. It is hot and dry in the first Degree, viz. Just as hot as your Blood, and no hotter: It remedies the evils Choler can inflict on the body of man by sympathy. It helps the evils *Venus* and the wanton Girl produce by antipathy. And it doth something else besides. It cleanseth the body of Choler (and who dares say *Mars* doth no good? It provokes Urine, helps surfeits,

Choler, Venery, provokes Urine, Helps Surfeits, Swellings, Appetite lost, Tell. Jaundice.

Surfets, Swellings in the Belly; It causeth an Appetite to meat, because *Mars* rules the attractive faculty in Man: The Sun never shone upon a better herb for the yellow Jaundice than this is: Why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief? This herb testifies that *Mars* is willing to cure all Diseases he causes; the truth is, *Mars* loves no Cowards; nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boyl this in Rhenish Wine, but put not in the Saffron till it is almost boyled: This is the way to keep a Mans body in Health, appointed by *Camerarius*, in his Book intituled, *Hortus Medicus*, and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physitians (if I knew how) for they are most fitting for the Calling: if you will not believe me, ask Dr. *Hypocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Physitians keep to vapour with, not to follow. In this one herb I shall give the pattern of a Rule to the Sons of Art, rough cast, yet as neer the truth as the men of *Benjamin* could throw a stone; whereby my Brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the Colledg of Physitians they are too stately to learn, and too proud to continue: They say a Mouse is vnder the Dominion of the *Moon*, and that's the reason they feed in the night: the House of the *Moon* is *Cancer*; (Rats are of the same nature with Mice, but that they are a little bigger) *Mars* receives his Fall in *Cancer*, *Ergo* Wormwood being an herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushroms (I cannot give them the title of *Herba*, *Frutex*, or *Arbor*) are under the Dominion of *Saturn* (and take one time with another, they do as much harm as good:) if any have poysoned himself by eating them, Wormwood an herb of *Mars* cures him, because *Mars* is exalted in *Capricorn* the house of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Pushes, black and blew spots, coming either by Bruises or Beatings, Wormwood an herb of *Mars* helps, because *Mars* (as bad as you love him, and as ill is you hate him) will not break your head, but he'l give you a Plaister. If he do but teach you to know your selves, his Courtesie is greater than his Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other feminine; one publick, the other private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflamation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all diseases in the Throat by his herbs (of which Wormwood is one) and sends them to

Preserve Health, Terms provokes, Biting of Rats and Mice, Mushromes, Wheals, Pushes, Black and blew Spots, Quinsie, Eyes.

Ægypt

Egypt on an errand never to return more: this by Antipathy. The Eyes are under the Luminaries; the right Eye of a Man, and the left Eye of a Woman, the *Sun* claims Dominion over: The left Eye of a Man, and the right Eye of a Woman, are the priviledge of the *Moon*, Wormwood an herb of *Mars* cures both; what belongs to the *Sun* by Sympathy, because he is exalted in his House, but what belongs to the *Moon* by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagine a Wasp, a Hornet, or Scorpion, Wormwood an Herb of *Mars* giveth you present cure: Then *Mars* as *Biting*, or Cholerick as he is, hath learned that patience, to pass by your *stinging by* evil speeches of him, and tels you by my Pen, That he gives you *venemous* no Affliction, but he gives you a Cure; you need not run to *Beasts*. *Apollo* nor *Æsculapius*: and if he were so Cholerick as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those people that can spy his Vices, and not his Vertues. The Eternal God when he made *Mars*, made him for a publick good, and the Sons of Men shall know it in the later end of the World, *Et calum Mars solus habet*. You say *Mars* is a Destroyer; mix a little Wormwood an herb of *Mars* with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then *Mars* is a Preserver. Astrologers say *Mars* causeth Scabs and Itch, and the Virgins are angry with him, because wanton *Venus* told them he deforms their skin: But quoth *Mars*, my only desire is, they should know themselves; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite *Venus*; for which doth the greatest evil, he that takes away an innate Beauty, and when he hath done, knows how to restore it again? or she that teaches a company of wanton Lasses to paint their Faces? If *Mars* be in a Virgin, in the Nativity, they say he causes the Cholick, ('tis well God hath set some body to pull down the pride of man) He in the Virgin troubles none with the Cholick, but them that know not themselves, (for who knows himself may easily know all the world) Wormwood an herb of *Mars* is a present cure for it: and whether it be most like a Christian to love him for his good, or hate him for his evil, judge ye. I had almost forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloathes (I can give them no other title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them, Moaths are under the Dominion of *Mars*, his Herb Wormwood being layd amongst Cloaths, will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle a Fly. You say *Mars* is angry, and 'tis true enough, he is angry with my Countrymen for being such Fools to be led by the Noses by the Colledge of Physitians, as they lead Bears to *Paris* Garden. Melancholly Men cannot endure to be wrong'd in Point of good name, and that hath sorely troubled old *Saturn*, because they called him the greatest Infortune: In the Body of Man he rules the Spleen (and that

that makes Covetous men so Splenetick.) The poor old man lies crying out of his left side, Father *Saturn* angry, *Mars* come to him. *Spleen.* come Brother, I confess thou art evil spoken of, and so am I, thou knowest I have my exaltation in my House, I'l give him an Herb of mine, Wormwood, to cure the poor man; *Saturn* consented, but spoke but little, and so *Mars* cured him by sympathie. When *Mars* was free from War (for he loves to be fighting, and is the best friend a Soldier hath) I say, when *Mars* was free from War he called a Counsel of War in his own Brain, to know how he should do poor sinful man good, (desiring to forget his abuses in being called an Infortune) He musters up his own Forces and places them in Batalia, Oh! quoth he, why do I hurt a poor silly Man or Woman? His Angel answers him, 'Tis because they have offended their God. (Look back to *Adam*) Well, sayes *Mars*, though they speak evil of me, I'l do good to them; Death's cold, my Herb shall heat them. They are full of ill Humors (else they would never have spoken ill of me) my Herb shall cleanse them and dry them: They are poor weak Creatures, my Herb shall strengthen them; they are dull witted, my Herb shall revive their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word. Oh the patience of *Mars*!

Felix, qui potuit rerum cognoscere causas,
Atque domus superum scandere cura fuit.

Oh! happy he that can the Knowledge gain,
To know th' Eternal God made nought in vain.

To this I adde,

I know the reason causeth such a Dearth
Of Knowledge, 'tis because men love the Earth.

The other day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox? in the dispute they fell out, & in anger parted, and *Mars* told me that his brother *Saturn* told him, that an Antivenerian *French pox.* Medicine was the best against the Pox. Once a Month he meets with the *Moon*, *Mars* is quick enough of speech, and the *Moon* not much behind hand (neither are most Women) The *Moon* looks much after Children, and Children are much troubled with the worms, she desired a Medicine of him, he bid her take his own Herb Wormwood: He had no sooner parted with the *Moon* but he met with *Venus*, and she was as drunk as a Bitch, Alas poor *Venus*, quoth he, What, thou a Fortune and be drunk? I'l give thee an Antipathetical Cure; Take my Herb Wormwood, and thou shalt never get a *Surfet, sinking* Surfet by drinking. A poor silly Country-man hath got *Breath, Dull* an Ague and cannot go about his business, he wishes he *Brain, weak* had it not, and so do I, but Ile tell him a Remedy, whereby he may prevent it; Take the Herb of *Mars* Worm-

wood

ood, and if infortunes will do good, what will Fortunes do? *Sight.*
me say the Lungs are under *Jupiter*, and if the Lungs,
en the breath, and yet a man sometimes gets a stinking breath, and yet
Jupiter is a Fortune forsooth; up comes *Mars* to him, come brother *Ju-*
piter, thou knowest I sent thee a couple of Trines to thy House last night,
e one from *Aries* and the other from *Scorpio* give me thy Leave by Sym-
thie to cure the poor man by drinking a draught of Wormwood Beer eve-
y morning. The *Moon* was weak the other day, and she gave a man two
rrible Mischiefs, a dull Brain, and a weak sight, *Mars* layes by his sword
d comes to her, Sister *Moon*, saith he, This Man hath anger'd thee, but I
eech thee take notice, he is but a Fool, prithee be patient, I will with my
erb Wormwood cure him of both infirmities by Antipathy, for thou
nowest, thou and I cannot agree; with that the *Moon* began to quarrel;
ars (not delighting much in Womens tongues) went away, and did it
hether she would or no.

He that reads this, and understands what he reads, he hath a Jewel more
orth than a Diamond: He that understands it not, is as little fit to give
hysick. There lies a Key in these words, which will unlock (if it be
rned by a wise hand) the *Cabinet of Physick*: I have delivered it so plain-
y as I durst: 'tis not only upon Wormwood that I wrote, but upon all
ants, Trees, and Herbs: He that understands it not, is unfit (in my Opi-
ion) to give Physick. This shall live when I am dead; and thus I leave
to the world, not caring a half-penny whether they like or dislike it. The
ave equals all men, and therefore shall equal me with Princes; untill
hich time the eternal providence is over me: then the ill Tongue of a
atling fellow, or of one who hath more Tongue than Wit, or more Pride
an Honesty, shall never trouble me. Wisdom is justified of her Children.
nd so much for *Wormwood*.

Yarrow, *called also* Nosebleed, Milfoyl, *and* Thousand-Leaf.

Description. *It hath many long Leaves spread upon the ground, and finely cut and divided into many small parts: Its Flowers are white, not all of a whitenesse, and stayed in knots, upon divers green stalks which rise from among the Leaves.*

Place. It is frequent in all pastures.

Time. It flowreth late, even in the later end of *August*.

Government and Vertues. It is under the influence of *Venus*. An Ointment of them cures wounds, and is most it for such as have Inflammations, it being an Herb of Dame *Venus*; It stops the Terms in Women being boyled in white Wine, and the Decoction drunk, as also the Bloody Flux; the Ointment of it is not only good for green wounds, but also for Ulcers and Fistulaes, especially such to be bound with moisture. It staies the shedding of Hair, the head being bathed with the Decoction of it: in-

Wounds, Inflammations, terms stops, Bloody Flux, baldness, ulcers, Fistulaes, retentive Faculty, Running of the

wardly

Reins, whites, Diabetes, Toothach. wardly taken it helps the retentive faculty of the stomach, it helps the Running of the Reins in Men, and the Whites in Women, and helps such as cannot hold their water; and the Leaves chewed in the Mouth, ease the Toothach; and these Vertues being put together show the Herb to be drying and binding. *Achilles* is supposed to be the first that left the Vertues of this Herb to posterity, having learned them of his Master *Chyron* the Senator, and certainly a very profitable Herb it is in the Camp, and perhaps therefore called *Militaris*.

DIRECTIONS

Having in divers places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Oyntments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better, than worse than my word.

That this may be done Methodically, I shall divide my directions into two great Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

Sect. 1.

Of gathering, drying, and keeping Simples and their Juyces.

Chap. 1. *Of Leaves of Herbs, &c.*
Chap. 2. *Of Flowers.*
Chap. 3. *Of Seeds.*
Chap. 4. *Of Roots.*
Chap. 5. *Of Barks.*
Chap. 6. *Of Juyces.*

Sect. 2.

Of making, and keeping Compounds.

Chap. 1. *Of distilled Waters.*
Chap. 2. *Of Syrups.*
Chap. 3. *Of Juleps.*
Chap. 4. *Of Decoctions.*
Chap. 5. *Of Oyls.*
Chap. 6. *Of Electuaries.*
Chap. 7. *Of Conserves.*
Chap. 8. *Of Preserves.*
Chap. 9. *Of Lohochs.*
Chap. 10. *Of Oyntments.*
Chap. 11. *Of Plaisters.*
Chap. 12. *Of Pultisses.*
Chap. 13. *Of Troches.*
Chap. 14. *Of Pills.*
Chap. 15. *The way of fitting Medicines to Compound Diseases.*

Of all these in Order.

SECT.

SECT. I.

The way of gathering, drying, and preserving, Simples and their Juyces

Chap. 1. *Of Leaves of Herbs, or Trees.*

OF Leaves, chuse only such as are green, and full of Juyce, pick them carefully, and cast away such as are any way declining, for they will putrifie the rest, so shall one handfull be worth ten of those you buy in *Cheapside*.

2. Note in what place they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow; so also such Herbs as delight to grow near the water, let such be gathered as grow neer the water, though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such *Herbs* as run up to seed, are not so good when they are in flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the swing of Physitians is, for if the Sun draw away the Vertues of Herbs, it must needs do the like by Hay by the same Rule, which the experience of every Country Farmer will explode for a notable piece of non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physitians) such I advise, Let the Planet that governs the Herb be Angular. And the stronger the better; If they can in Herbs of *Saturn*, let *Saturn* be in the Ascendant; in the Herbs of *Mars*, let *Mars* be in the Mid-heaven, for in those Houses they delight: let the *Moon* apply to them by good Aspect, and let her not be in the Houses of their Enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity; if you cannot wait that time neither, let her be with a Fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure: For,

First, Such as grow upon dry grounds will keep better than such as grow in moist.

Secondly, Such Herbs as are full of Juyce will not keep so long as such as are drier.

Thirdly,

Thirdly, Such Herbs as are well dried, will keep longer than such as are ill dried.

Yet this I say, By this you may know when they are corrupted, viz. By their loss of color, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them

8. Gather all Leaves in the hour of that Planet that governs them.

Chap. 2. *Of Flowers.*

1. THe Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and it is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter: as for the time of the day, let it be when the Sun shines upon them that so they may be dry, for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their color and smell, they are good; either of them being gone, so is their Vertue also.

Chap. 3. *Of Seeds.*

1. THe seed is that part of the plant, which is endued with a vital Faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for place, let them be gathered from the places where they do light to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial Harmony before mentioned, for I have found by experience that their Vertues are twice as great at such times as others: There is an appointed time for every thing under the Sun.

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so carefull of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, They are the best the first year, and this I make appear by a good Argument, They will grow soonest the first year they be set, therefore then are they in their prime, and tis an easie matter to renew them yearly.

Chap. 4. *Of Roots.*

1. OF Roots, chuse such as are neither rotten, nor worm-eaten, but proper in their taste, color, and smell; such as exceed neither in softness nor hardness.

2. G

2. Give me leave to be a little Critical against the vulgar received Opinion, which is, That the sap falls down into the Roots in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle tale of untruth is so grounded in the heads, not only of the Vulgar, but also of the Learned, that a man cannot drive it out by Reason: I pray let such Sap-mongers answer me to this Argument. If the sap fall into the Roots in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth: but the Root grows not at all in Winter, as the same Experience teacheth, but only in the Summer. *Ergo*,

If you set an Apple kernel in the Spring, you shall find the Root to grow to a pretty bignes in that Summer, and be not a whit bigger next Spring: what doth the sap do in the Root all that while, pick straws? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the *Sun* declines from the Tropick of *Cancer*, the sap begins to congeal both in Root and Branch, when he toucheth the Tropick of *Capricorn*, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3 The drier time you gather your Roots in, the better they are: for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-corner upon a string: as for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small: yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them alwaies near the fire, and take this general rule for it. If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall, especially in the Winter time (for 'tis your best way to look to them once a moneth) dry them by a very gentle fire; or if you can with convenience keep them near the fire, you may save you self the labour.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

Chap. 5. *Of Barks.*

BArks which Physitians use in Medicines, are of these sorts: Of Fruits, of Roots, of Boughs.

2. The Barks of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like; bec use then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks dry for present use.

4. As for the Bark of Roots, 'tis thus, and thus to be gotten, Take the

Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slit them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.

Chap. 6. *Of Juyces.*

1. Juyces are to be prest out of Herbs when they are young and tender, and also out of some Stalks, and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your herb you would preserve the juice of, when it is very dry (for otherwise your juice will not be worth a button) bruise it very well in a stone-Mortar with a wooden Pestle, then having put it into a Canvas-bag (the herb I mean, not the mortar, for that will yield but little juice) prest it hard in a Press, then take the juice and clarifie it.

The manner of clarifying of it is this; Put it into a Pipkin or Skillet, or some such thing, and set it over the fire, and when the scum riseth, take it off: let it stand over the fire till no more scum rise, then you have your juice clarified: cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two waies to preserve it all the year.

First, When it is cold, put it into a Glass, and put so much Oyl on it as will cover it the thickness of two fingers, the Oil will swim at top, and so keep the air from coming to it to putrifie it; when you intend to use it, do no more but so, pour out into a Porrenger a little more than you intend to use, and if any Oyl come out with it (as if the Glass be not full, 'tis a hundred to one if there do) you may easily scum it off with a spoon, & put the juice you use not into the Glass again, it will quickly sink under the Oyl. This is the first way.

Secondly, The second way is a little more difficult, and the juice of Fruits is usually preserved this way: When you have clarified the juice as before, boyl it over the fire till (being cold) it be of the thickness of honey: this is most commonly used for Diseases of the mouth, and is called *Mel* and *Sapa*.

And thus much for the first Section, the second follows.

SECT. II.

The way of making and keeping all necessary Compounds.

CHAP. 1.

Of Distilled Waters.

Hitherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simples, though something improperly: for in deed and in truth, nothing is simple but

pure Elements; all things else are compounded of them: We come now to treat of the artificial Medicines, in the front of which (because we must begin somewhere) we shall place distilled Waters, in which consider,

1. Waters are distilled out of Herbs, Flowers, Fruits and Roots.

2. We treat not of strong Waters, but of cold, as being to act *Galen's* part, and not *Paracelsus*.

3. The herbs ought to be distilled when they are in their greatest vigor, and so ought the flowers also.

4. The vulgar way of Distillation which people use because they know no better, is in a Pewter Still: and although distilled Waters are the weakest of all artificial Medicines, and good for little unless for mixtures of other Medicines: yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand. If I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your Water, put it into a Glass, and having bound the top of it over with a paper pricked full of holes, that so the excrementitious and fiery vapors may exhale (which indeed are they that cause that setling in distilled Waters called the Mother, which corrupts Waters, and might this way be prevented) cover it close, and keep it for your use.

6. Stopping distilled Waters with a Cork makes them musty, and so will paper also if it do but touch the water, your best way then is to stop them with a Bladder, being first wet in water, and bound over the top of the Glass.

Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a year: such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

Chap. 2. *Of Syrups.*

A Syrup is a Medicine of a liquid Form, composed of Infusion, Decoction, and Juice: And, 1. For the more grateful taste. 2. For better keeping of it with a certain quantity of honey or sugar hereafter mentioned, boyled to the thickness of new honey.

2. You see at the first view that this Aphorism divides it self into three branches, which deserve severally to be treated of: *Viz.*

1. *Syrups made by Infusion.*
2. *Syrups made by Decoction.*
3. *Syrups made by Juice.*

Of each of these (for your Instruction sake, kind Countrey-men and women) I speak a word or two, or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers as soon loose their colour and strength by boyling, as Roses, Violets, Peach-flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made: Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring-water made boyling hot by the fire, first put your flowers in a Pewter-pot with a cover, then pour the water to them,

then shutting the pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach flowers, &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Bason, or an Earthen one well glassed, and to every pint of it, add two pound of fine sugar, which being only melted over the fire without boyling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction, are usually made of Compounds yet may any simple Herb be thus converted into Syrup: Take the Herb, Root or Flower you would make into Syrup, and bruise it a little; then boyl it in a convenient quantity of Spring water, the more water you boyl in it, the weaker will it be, a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boyl it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen-cloth, letting it run out at leisure without pressing: to every pint of this Decoction add one pound of sugar, and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a spoon; scum it all the while it boyls, and when it is sufficiently boyled, whilst it is hot, strain it again through a woollen-cloth, but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of juices are usually made of such herbs as are full of juices and indeed they are better made into a Syrup this way, than any other, the operation is thus, Having beaten the herb in a Stone-Morter with a wooden Pestle, press out the juice, and clarifie it as you were taught before in the juices, then let the juice boyl away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of sugar, and boyl it to a Syrup, always scumming it, and when it is boiled enough, strain it through a woollen-cloth, as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fennel, and Grass-roots, &c. When you have bruised them, lay them in steep sometimes in that Water which you intend to boil them in hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or Stone-pots, and stop them not with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost, and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a paper about the mouth.

5. All Syrups, if well made, continue a year with some advantage: yet of all, such as are made by Infusion keep the least while.

Chap. 3. *Of Juleps.*

1. Juleps were first invented, as I suppose in *Arabia*, and my reason is, because the word *Julep* is an *Arabick* word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted Help, or such as are in health, and wanted no Physick) to quench thirst.

3. Now adayes 'tis commonly used,
   1. *To prepare the Body for Purgation.*
   2. *To open obstructions, and the Pores.*
   3. *To digest tough Humors.*
   4. *To qualifie hot Distempers, &c.*

4. It is thus made (I mean simple Juleps: for I have nothing to say to Compounds here; all Compounds have as many several Ideas as men have Crotchets in their Brain:) I say simple Juleps are thus made: Take a pint of such distilled Waters as conduceth to the Cure of your Distemper, which this Treatise will plentifully furnish you withal, to which add two ounces of Syrup conducing to the same effect (I shall give you Rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure. If you love tart things, add ten drops of Oyl of Vitriol to your pint, and take it together, and it will have a fine grateful tast.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

Chap. 4. *Of Decoctions.*

ALL the difference between Decoctions and Syrups made by Decoction, is this: Syrups are made to keep, Decoctions only for present use: for you can hardly keep a Decoction a week any time, if the weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the Cure of the Disease you make them for; in the same manner are they made, as we shewed you in Syrups.

3. Decoctions made with Wine, last longer than such as are made with water, and if you take your Decoction to cleanse the passages of Urin, or open Obstructions, your best way is to make it with white Wine instead of water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the body, as the Stomach, Bowels, Kidnies, Passages of Urin, and Bladder, because Decoctions pass quicker to those places than any other form of medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boil both Roots, Herbs, Flowers, and Seeds together, let the Roots boil a good while first, because they retain their Vertue longest; then the next in order by the same Rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, because their Vertues come soonest out.

7. Such things as by boiling cause sliminess to a Decoction, as Figgs, Quince seeds, Linseed, &c. your best way is, after you have bruised them, to tie them up in a linnen rag, as you tie up a Calfs Brains, and so boil them.

8. Keep all Decoctions in a Glass close stopped, and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, The usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the patient, the season of the year, the strength of the Medicine, and the quality of the Disease.

Chap. 5. *Of Oyls.*

1. OYL Olive, which is commonly known by the name of Salad-oyl, I suppose because it is usually eaten with Salads by them that love it: if it be pressed out of ripe Olives, according to *Galen*, is temperate, and exceeds in no one quality.

2. Of oyls, some are Simple, and some are Compound.

3. Simple oyls are such as are made of Fruits or Seeds by expression, as oyl of sweet and bitter Almonds, Linseed, and Rape-seed oyl, &c. of which see my *Dispensatory*.

4. Compound oyls are made of oyl of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: having bruised the herbs or flowers you would make your oyl of, put them in an Earthen pot, and to two or three handfuls of them pour a pint of oyl, cover the pot with a paper, and set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the herbs, &c. very hard in a press, and add as many more herbs to the same oyl, bruise (the herbs I mean, not the oyl) in like manner, set them in the Sun as before. the oftner you repeat this, the stronger your oyl will be: at last when you conceive it strong enough, boyl both herbs and oyl together till the juice be consumed, which you may know by its leaving its bubling, and the herbs will be crisp: then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these oyls, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for oyntments and Plaisters.

8 If you have occasion to use it for wounds or ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it: for oyl it self is offensive to wounds, and the Turpentine qualifies it.

Chap. 6. *Of Electuaries.*

PHysitians make more a Quoil than needs by half about Electuaries. I shall prescribe but one generall way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep alwaies Herbs, Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readiness to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten: for being beaten

they are the more subject to lose their strength, because the Air soon penetrates them.

3. If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine Tiffany Searse, that so there may be no great pieces found in your Electuary.

5. To one ounce of your powder add 3 ounces of clarified Honey: this quantity I hold to be sufficient: I confess Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7. The way to clarifie Honey, is to set it over the fire in a convenient vessel till the scum rise, and when the scum is taken off, it is clarified.

8. The usual Dose of Cordial Electuaries, is from half a dram to two drams; of purging Electuaries, from half an ounce to an ounce.

9. The manner of keeping them is in a Pot.

10. The time of taking of them, is either in the morning fasting, and fasting an hour after them; or at night going to bed, three or four hours after Supper.

Chap. 7. *Of Conserves.*

1. THe way of making Conserves is two-fold, one of Herbs and Flowers, and the other of Fruits.

2. Conserves of Herbs and Flowers are thus made: If you make your Conserves of Herbs, as of Scurvy-grass, Wormwood, Rue, and the like, take only the leaves and tender tops (for you may beat your heart out before you can beat the stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conserves of Fruits, as of Barberries, Sloes, and the like, is thus made: First scald the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon; then take this pulp thus drawn, and add to it its weight of Sugar and no more, put it in a pewter vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserves made.

Thus have you the way of making Conserves; the way of keeping of them, is in Earthen Pots.

5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6. Of Conserves, some keep many years as Conserves of Roses: others but a year, as Conserves of Borrage, Bugloss, Cowslips, and the like.

7. Have a care of the working of some Conserves presently after they are made, look to them once a day, and stir them about; Conserves of Borrage, Bugloss and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conserves are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there.

Chap. 8. *Of Preserves.*

OF Preserves are sundry sorts, and the Operations of all being something different, we will handle them all apart.

There are preserved with Sugar,

1 *Flowers.*
2 *Fruit.*
3 *Roots.*
4 *Barks.*

1. Flowers are but very seldome preserved, I never saw any that I remember, save only Cowslip flowers, and that was a great fashion in *Sussex* when I was a Boy; It is thus done: First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, so do till your Glass be full; then tye it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving Flowers, namely, with Vinegar and Salt, as they pickle Capers and Broom-buds, but because I have little skill in it my self, I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two waies:

First, Boyl them well in water, and then pulp them through a sieve as we shewed you before; then with the like quantity of Sugar boyl the water they were boyled in, into a syrup, *viz.* A pound of Sugar to a pint of Liquor; to every pound of this syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits is this, First, pare off the Rind, then cut them in halves, and take out the Core; then boyl them in water till they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the water with its like weight of sugar into a syrup, put the syrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved: First scrape them very clean, and cleanse them from the pith if they have any, for some Roots have not, as Eringo, and the like; boyl them in water till they be soft, as we shewed you before in the Fruits; then boyl the water you boyled the Roots in, into a syrup, as we shewed you before, then keep the Root whole in the syrup till you use them.

4. As for Barks we have but few come to our hands to be done, and those of those few that I can remember, are Oranges, Lemmons, Citrons, and the outer Bark of Walnuts which grows without the shell, for the shells themselves would make but scurvy Preserves: These be they I can remember, if there be any more put them into the number.

The way of preserving these is not all one in Authors, for some are bitter, some are not: Such as are bitter, say Authors, must be soaked in warm wa-

er, oftentimes changed till their bitter taſte be fled; but I like not this way, and my reaſon is this, Becauſe I doubt when their bitterneſs is gone, ſo is the Vertue alſo: I ſhall then preſcribe one common way, namely, the ſame with the former, viz. Firſt boyl them whole till they be ſoft, then make a ſyrup with ſugar and the liquor you boyled them in, and keep the barks in the ſyrup.

5 They are kept in Glaſſes, or glaſſed pots.

6 The preſerved flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

7 This Art was plainly and clearly at firſt invented for delicacy, yet came afterwards to be of excellent uſe in Phyſick: For,

Firſt, Hereby Medicines are made pleaſant for ſick and queaſie ſtomachs which elſe would loath them.

Secondly, Hereby they are preſerved from decaying a long time.

Chap. 9. *Of Lohoches.*

1 THat which the Arabians call *Lohoch*, and the Greeks *Eclegma*, the Latins call *Linctus*, and in plain Engliſh ſignifies nothing elſe, but a thing to be licked up.

2 Their firſt invention was, to prevent and remedy afflictions of the Breſt and Lungs, to cleanſe the Lungs of flegm, and make it fit to be caſt out.

3 They are in Body thicker than a ſyrup, and not ſo thick as an Electuary.

4 The manner of taking them, is often to take a little with a Liquoriceſtick, and let it go down at leiſure.

5 They are eaſily thus made: Make a Decoction of any pectoral Herbs, the Treatiſe will furniſh you with enough, and when you have ſtrained it, with twice its weight of honey or ſugar, boyl it to a Lohoch: If you are moleſted with tough flegm, honey is better than ſugar, and if you add a little Vinegar to it, you will do well, if not, I hold ſugar to be better than honey.

6 It is kept in pots, and may be kept a year and longer.

7 It is excellent for roughneſs of the Windpipe, Inflammations of the Lungs Ulcers in the Lungs, difficulty of Breath, Aſthmaes, Coughs, and diſtillation of Humors.

Chap. 10. *Of Ointments.*

1 VArious are the waies of making Ointments which Authors have left to poſterity, which I ſhall omit, and quote one which is eaſieſt to be made, and therefore moſt beneficial to people that are ignorant in Phyſick, for whoſe ſakes I write this. It is thus done:

Bruiſe thoſe Herbs, Flowers, or Roots you would make an Ointment of, and to two handfuls of your bruiſed herbs add a pound of hogs-greaſe tried, or cleanſed from the skins, beat them very well together in a ſtone-Mortar with a wooden peſtle, then put it in a ſtone-pot (the Herbs and Greaſe I mean,

mean, not the Mortar) cover it with a paper, and set it either in the Sun, or some other warm place, three, four, or five dayes, that it may melt; then take it out and boil it a little, then whil'st it is hot, strain it out, pressing it out very hard in a press; to this grease add as many more herbs bruised as before, let them stand in like manner as long, then boil them as you did the former; if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of juice your herbs are, the sooner will your Oyntment be strong: the last time you boil it, boyl it so long till your herbs be crisp, and the juice consumed, then strain it, pressing it hard in a press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because grease is offensive to Wounds as well as Oyl.

2. Oyntments are vulgarly known to be kept in pots, and will last above a year, some above two years.

Chap. 11. *Of Plaisters.*

1. THe Greeks make their Plaisters of divers Simples, and put Metals in most of them if not in all; for having reduced their Metals into powder, they mixed them with that fatty substance whereof the rest of the plaister consisted, whil'st it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it till it was stiff; then they make it up in Rolls, which when they need for use they could melt by fire again.

2. The Arabians made up theirs with Meal, Ooyl, and Fat, which needed not so long boyling.

3. The Greeks Emplaisters consisted of these Ingredients: Metals, Stones, divers sorts of Earth, Feces, Juice, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Chap. 12. *Of Pultisses.*

1. PUltisses are those kind of things which the Latins call *Cataplasmata*, and our learned Fellows, that if they can read English that's all, call them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of Medicine to ripen sores.

2. They are made of herbs and roots fitted to the Disease and member afflicted, being chopped small, and boyled in water almost to a jelly, then by adding a little Barly meal, or meal of Lupines, and a little Oyl, or rough sweet suet, which I hold to be better, spread upon a cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool Inflammation, to dissolve hardness, to ease the Spleen, to concoct humours, to dissipate swellings.

4. I beseech you take this Caution along with you, Use no Pultisses (if you can help it) that are of an healing Nature, before you have first cleansed the body, because they are subject to draw the humours to them from every part of the body.

CHAP.

Chap. 13. *Of Troches.*

THe Latins call them *Placentulæ*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my *London Dispensatory* been so helliſhly printed; that's all the Kingdom gets by one Stationer's printing anothers Copies, &c. to plague the Countrey with false Prints, and disgrace the Author) the Greeks τροχίσκοι, παστίλλοι, and δρτίσκοι; they are usually little, round, flat Cakes, or you may make them square if you will.

2. Their first invention was, That Powders being so kept, might resist the intromission of Air, and so endure pure the longer.

3. Besides, They are the easier carried in the Pockets of such as travel: Many a man (for example is forced to travel whose stomach is too cold, or at least not so hot as it should be, which is most proper, for the stomach is never cold till a man be dead; in such a case 'tis better to carry Troches of Wormwood, or of Galanga, in a paper in his pocket, and more convenient behalf than to lug a Galli-pot along with him.

4. They are thus made: At night when you go to bed, take two drams of fine Gum-Tragacanth, put it into a Galli-pot, and put half a quarter a pint of any distilled Water fitting for the purpose you would make your Troches for, to it, to cover it, and the next morning you shall find it in such jelly as Physitians call Mussilage; with this you may (with a little pains taking) make any powder into paste, and that paste into little Cakes called Troches.

5. Having made them, dry them well in the shadow, and keep them in a pot for your use.

Chap. 14. *Of Pills.*

1. THey are called *Pilulæ*, because they resemble little Balls, the Greeks call them *Catapotia*,

2. It is the opinion of Modern Physitians, That this way of making up Medicines, was invented only to deceive the palate, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived, or at least it might not be unsufferable; and indeed most of their Pills, though not all, are very bitter.

3. I am of a clean contrary opinion to this: I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hear-say. The first invention of Pills was to purge the head: now as I told you before, such infirmities as lay near the passages were best removed by Decoctions, because they pass to the grieved part soonest: so here, If the infirmity lye in the head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending humor to them.

4. If I should tell you here a long Tale of Medicines working by Sympathy and Antipathy, you would not understand a word of it, they that are set to make Physitians, may find it in the Treatise: All Modern Physitians know

know not what belong to a Sympathetical Cure, no more than a Cuckow knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it, a Hidden Quality, because 'tis hidden from the eyes of Dunces, and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5. The way to make Pils is very easie, for with the help of a Pestle and Morter, and a little diligence, you may make any Powder into Pils, either with Syrup, or the Jelly I told you of before.

Cap. ult. *The way of mixing Medicines according to the Cause of the Disease, and part of the Body afflicted.*

THis being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus:

1. *To the Vulgar.*
2. *To such as study Astrology, or such as study Physick Astrologically.*

First, to the Vulgar; Kind souls, I am sorry it hath been your hard mishap to have been so long trained in such Ægyptian darkness, even darkness which to your sorrows may be felt: The vulgar Road of Physick is not my Practice, and I am therefore the more unfit to give you advice, * *Galen's Art of Physick.* and I have now published a little * Book which will fully instruct you, not only in the knowledge of your own Bodies, but also in fit Medicines to Remedie each part of it when afflicted; in the mean season take these few Rules to stay your stomachs.

1 With the Disease, regard the Cause, and part of the Body afflicted; for example, Suppose a Woman be subject to miscarry through wind, thus do:

1 Look [*Abortion*] in the Table of Diseases, and you shall be directed by that how many Herbs prevent Miscarriage.

2. Look [*Wind*] in the same Table, and you shall see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2 In all Diseases strengthen the part of the Body afflicted.

3 In mixed Diseases there lies some difficultie, for sometimes two parts of the Bodie are afflicted with contrary Humors, as sometimes the Liver is afflicted with Choler and water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do:

1 Keep your head outwardly warm.

2 Accustom your self to smell of hot Herbs.

3 Take a Pill that heats the Head at night going to Bed.

4 In the morning take a Decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all Diseases; these are enough to let you see so much light as you without Art are able to receive: If I should set you to look upon the Sun I should dazle your Eyes, and make you blind.

Second-

Secondly, To such as study Astrologie (who are the only men I know that are fit to study Physick; Physick without Astrologie, being like a Lamp without Oyl) You are the men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you.

1. Fortifie the Body with Herbs of the Nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or an Infortune in this case.
2. Let your Medicine be something Antipathetical to the Lord of the Sixth.
3. Let your Medicine be something of the Nature of the sign Ascending.
4. If the Lord of the tenth be strong, make use of his Medicines.
5. If this cannot well be, make use of the Medicines of the light of time.
6. Be sure alwaies fortifie the grieved part of the Body by sympathetical Remedies.
7. Regard the Heart, keep that upon the Wheels, because the Sun is the Fountain of Life, and therefore those universal Remedies, *Aurum potabile*, and the Philosophers Stone, cure all Diseases by only fortifying the Heart.

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Yellow Jaundice 39 44 55 58 67 70 96 99 104 110 112 113 118 126 129 130 145 148 149 153 158 191 210 217 218 223 231 236 238 239 250 255 268

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Other Physical Books lately Printed and to be sold by *George Sawbridge*.

1. *Physical Considerations* of the *Matter, Origination*, and several *Species* of Worms: *Whereby it doth probably appear to be an Epidemical Disease, killing more than either the Sword or Plague. Together with their various Causes, Signs and Method of Cure, By* William Ramsey *Doctor of Physick, and Physitian in Ordinary to His Majesty.*
2. Oriatrick, *or* Physick unrefined; *The Common Errors therein refuted, and the whole Art reformed and rectified. Written by the Acute Philosopher and Profound Physitian,* John Baptista Van Helmont.
3. *The* New Dispensatory *made by the Colledg of Physitians,* London, *in Latine. And the same Translated into English, by* Nich. Culpeper.
4. A Directory for Midwives, *or* A Guide for Women, *in Two Parts, newly Enlarged and Illustrated with divers Plates, by* Nich. Culpeper.
5. Riolanus Anatomy.
6. Vesslingus Anatomy.
7. Bartholinus Anatomy.
8. Riverius Practice *and* Observations, *all Translated by* Nich. Culpeper.
9. A Treatise of the Rickets, *Being a Disease common to* Children; *wherein is shewed,* 1. *The Essence.* 2. *The Cause.* 3. *The Signs.* 4. *The Remedies of the Disease.*
10. The Hidden Treasures of the Art of Physick, *Fully discovered in Four Books, by* John Tanner, *Student in Physick and Astrology.*
11. Philosophia Maturata: *Containing the Practick and Operative part in gaining the Philosophers Stone. With a Work compiled by St.* Dunstan, *concerning the same. And the Experiments of* Rumelius, *and Preparations of* Angelo Sala. *Published by* Lancelot Colson, *Doctor in Phys. and Chym.*

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